The Sleep Sense Program -- Proven Strategies For Teaching Your Child To Sleep Through The Night

Dana Obleman

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The Fastest, Easiest & Most Gentle Way To Get YOUR Child Sleeping Through The Night

"**Baby won't sleep?** If you're the parent of a baby (or older child) who isn't sleeping through the night, you owe It to yourself to check out *The Sleep Sense Program* by Dana Obleman."

First published in 2005, it's a step-by-step system that over 32,000 parents have trusted to **teach their babies and toddlers how to fall asleep on their own...** and sleep through the night!

The Sleep Sense Program gives you everything you need to solve common sleep problems like:

- **Your child will ONLY fall asleep when nursing or bottle feeding.** This is one of the most common causes of sleep problems, and you'll learn how to fix it <u>quickly</u>!
- **Your child needs a soother or pacifier in order to get to sleep.** Of course, whenever that soother falls out, YOU'RE the one who has to go put it back in.
- **You are waking up with your child once, twice, three (or more) times each night.** The reason? Your little one needs to learn to fall asleep WITHOUT your help. You'll learn a few different strategies for solving this.
- **Your child needs to be rocked, bounced, or taken for a car ride in order to nap.** Or (even worse) your child seems to REFUSE to take a nap -- despite the fact that he or she seems tired.
- **Your OWN lack of sleep is starting to take a toll on you and your family.** Studies prove that infant sleep problems are closely linked to postpartum depression.

… and much more!

What makes The Sleep Sense Program SO Effective?

While many other books use a "one-size-fits-all" approach, *The Sleep Sense Program* shows you the <u>exact</u> method you should use based on **two important factors:**

1. Your child's **age**, and
2. Your child's **personality**.

For example, the approach a parent of a sensitive 3-month-old should take is VERY different from the one you'd use for a stubborn 2-year-old!

More Than Just Getting Your Baby To Sleep At Night

Yes, *The Sleep Sense Program* will teach you how to **get your child to fall asleep** (and stay asleep) at night,

but there's also special sections on:

- Sleep issues when travelling
- **Sleep adjustments in case of illness**
- How to make naps longer
- **How to make bedtime stress-free**
- How to create a sleep sanctuary for your child

In short, *The Sleep Sense Program* by Dana Obleman really DOES give you everything you need to **get your child sleeping through the night**!

Compelling Reasons Why You Should Teach Your Baby To Sleep Well:

Sleep experts and pediatricians agree that a good night's sleep is SO important for babies and young children. Consider these statistics:

- **Children who sleep longer have higher IQs.** (Sleep Med. 2010 March 11)
- Children who get at least 10.5 hours of sleep per night are significantly less likely to be obese. (Pediatrics. 2010 Feb 8)
- **Boys who sleep well are at a significantly lower risk for hyperactivity.** (Pediatrics. 2009 November 1)
- Children who sleep well score higher on all kinds of tests, including math and literacy. (SLEEP Abstract #0040 San Antonio, 2010.)
- **Babies who sleep well at night consistently perform better on tests designed to assess memory, emotional control, and organization.** (Child Development. Nov/Dec 2010.)

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Fay Harris:

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Ruth Morefield:

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