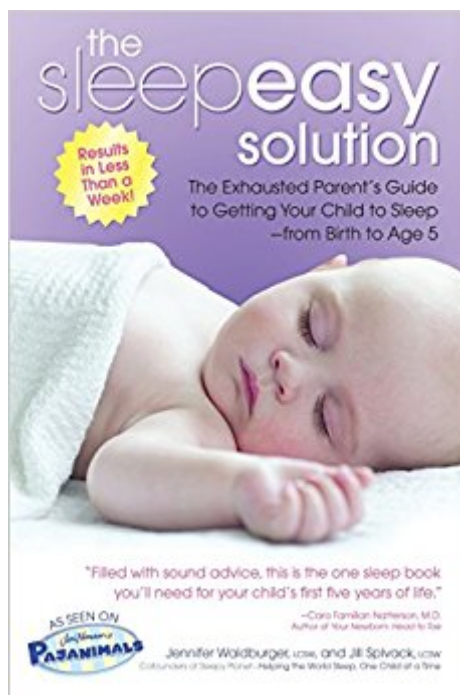




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# The Sleepeasy Solution: The Exhausted Parent's Guide To Getting Your Child To Sleep From Birth To Age 5



## Synopsis

Two experts who are helping Hollywood's A-list babies get their zzz's share the no-fail, family-friendly method that has helped thousands of sleep-deprived moms and dads. Even Hollywood's biggest stars face the same dilemma as other parents do: "How do I get my child to sleep?" As parents in the know are finding, whether they're on the red carpet or the soccer field, the answer is the same: The Sleepeasy Solution. Psychotherapists and sleep specialists Jennifer and Jill, the dynamic "girlfriends" all of Hollywood calls on to solve Junior's sleep problems, have perfected their sleep technique that will get any child snoozing in no time—most often in fewer than three nights. The key to their method? It addresses the emotional needs of both the parent and child (yes, how to handle the crying!)—a critical component of why most other sleep methods fail. In this much-needed, family-friendly guide, weary parents will learn to define their own individual sleep goals, those that work for their family's schedule and style. They'll create a customized "sleep planner" to ensure consistency with both parents as well as extended caregivers. (As an added bonus, they'll even improve the readers' relationships with their spouses with the "marriage-saver" section.) With comprehensive sections devoted to each stage of Baby's and Toddler's development, plus solutions to special circumstances like traveling, daylight saving's time, moving to a "big kid bed" and multiples, The Sleepeasy Solution is a dream come true! "This approach was truly amazing in helping our family to thrive. . . . We are eternally grateful!"—Ben Stiller and wife, Christine Taylor, actors "With their gentle approach, Sleepeasy gave us the tools we needed to solve our daughter's sleep problems."—Conan O'Brien, host of NBC's Late Night with Conan O'Brien "Sleepeasy gave us all the tools we needed to get our baby sleeping through the night. Now when we say good night to our daughter, we know it really will be a good night."—Greg Kinnear, actor

## Book Information

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## Customer Reviews

View larger For sleep deprived moms and dads Here's a no-fail, family-friendly solution to get any baby, toddler or preschooler to sleep! If you're missing your zzzs and feel like you're losing your mind because you can't get your baby to sleep through the night, The Sleepeasy Solution offers time-tested solutions for exhausted parents that work - usually in less than 5 nights! Listen to your instincts When it's 3:00 AM and your child isn't sleeping, your head might tell you that spending hours rocking or walking with him, or pulling him into bed, isn't an ideal solution, but your heart is insisting that he's crying, he's upset, and you must help him. So what's a loving, intelligent parent to do? Finding the happy medium between heart and head Drawing from the current available research on children and sleep and the authors' backgrounds in child development and psychotherapy, and hands-on parenting, Jennifer and Jill offer decades of experience in having helped thousands of families through the sleep-learning process. What sets their work apart is their emphasis on the emotional aspects of teaching your child to sleep, so your child continues to feel loved and supported, and so you feel supported, too. Teach your child to sleep through the night and take regular naps. Say good-bye to early morning wakings. End bedtime battles with verbal children. Troubleshoot teething, illness, traveling. Transition from crib to bed Manage multiple siblings

"This approach was truly amazing in helping our family to thrive. . . . We are eternally grateful!"  
---Ben Stiller and wife, Christine Taylor --This text refers to the Kindle Edition edition.

Jennifer Waldburger, LCSW, is a trained psychotherapist and partner of Sleepy Planet, the preeminent parenting/sleep company in LA. She is a former writer and editor for Town & Country, Redbook, Good Housekeeping and Harper's Bazaar. Jill Spivack, LMSW, is a psychotherapist who worked as a pediatric sleep consultant who co-founded Sleepy Planet, Inc., in 1999. The two offer private sleep consultations for celebrity clients and others, standing-room only workshops and regular keynotes at Baby Expos with audiences of over 300. They have appeared on the CBS Evening News with Dan Rather, Inside Edition (feature piece) as well as in The Wall Street Journal and Fit Pregnancy.

This book is fantastic! I feel like a completely new person now that my 4 month old is sleeping through the night. It only took a few days to really see results. I actually went from co-sleeping with my daughter in our bed (which I never intending on doing!) to having my daughter sleep in her crib alone by using the strategies in this book. I read several books to help your baby sleep through the night and this one really resonated with me for a few different reasons. One, I don't feel like I'm being cruel or abandoning my baby since I do check-ins and was able to quickly see that she was making progress within just a couple days. Also, some other books were quick to sleep train in 6-8 weeks which I felt was insanely early. The way the book is written was super easy to understand and follow and they even tell you in the beginning what page to turn to if you want to jump right in! It's been 6 days since we started and tonight my daughter went to sleep without crying at all. I've also noticed that she's happy and more alert now that she's getting a great sleep every night (and so am I!). I am exclusively breastfeeding and I tried the night weaning strategy they offer as well and slowly decreased her eating time by two minutes each night. Last night was the first night she was supposed to be completely weaned and I was shocked when I woke up this morning and saw that she slept the light the night and that I actually got a full night's sleep for the first time in months. If you're at your breaking point, I would urge you to get this book. Yes, your baby will cry, but after a few days you will be able to give them the wonderful gift of a good night's sleep and a well-rested parent. As a side note, I feel like everyone is entitled to their opinion of whether or not they would let their kid cry it out and I fully support every parent's decision to decide what works best for their family. But I will say that after looking at reviews for this book, I noticed that all of the negative reviews I found came from people who didn't even try the strategies in the book, but just saw that it involved letting your child self-soothe and disagreed with this, so they gave it 1 star. I definitely haven't read all the reviews, but I never found anyone who said they tried the sleep strategies in the book and still has a screaming/crying kid after a week. So... IT WORKS!!! It might be a little hard to hear your child cry for a few nights, but I'm telling you that it's worth it! And when I was listening to her cry, I would actually jump on and read some reviews from parents who had been successful using this book and it really helped. This is the first review on that I have ever written, (and I am a crazy shopper!!) but I am so thrilled with the results that I couldn't NOT leave a review. Buy this for yourself and every mom/dad friend you know!

I remember reading these reviews and success stories when I was researching ways to get sleep. I feel like it's my duty to write one. We had our first daughter in 2013. She was bottle fed and my

husband and I did all that we could to just survive her first year. We couldn't bare the thought of hearing her cry so CIO was out of the question. Fast forward nearly four years and guess who still sleeps with us? You guessed it! Our older daughter. When we got pregnant with our second baby, we assumed we would co sleep safely. It's what we knew! When she was born, she breastfed effortlessly and I found this such a great way to get rest in the early days. She did stir and wake our older daughter and I knew this wasn't going to work. So I moved to the guest room. When bedtime rolled around, my postpartum hormones just couldn't handle being across the house all alone, with this new baby who nursed literally all night. I was sore, stiff and depressed when the morning came around. I hated feeling so disconnected from my family. I knew I had to do something. A friend swore by the Sleep Easy Solution but I just wasn't convinced. I needed reassurance so I decided to hire a VERY expensive sleep consultant who would hold my hand as we sleep trained. He ended up being a quack and I asked for a refund. I felt defeated and needed to do something else. I took the plunge and bought both the DVD and book and decided to implement the Sleep Easy Solution. It was the hardest thing I have ever done. I cried while she cried, but within a week, I was starting to see progress. The check ins made me feel like I was supporting her from a distance. Every night, a quick bath, lotion, jammies & nursing session and she is quickly asleep without a peep. After traveling, teething & feeding her when she wakes up crying (instead of the recommended dream feeds) we have had a few setbacks, but a night or two "boot camp," and she is a flawless sleeper once again. DO THIS PROGRAM. I highly suggest the DVD and book. Follow EVERY instruction and do not waver. I assure you your baby will be a happier, healthy baby in no time.

We began using this method right at 4 months and our guy is now 15 months old. We stuck to it and had a couple of rough moments in the first few nights but I am happy to report that he has been a fantastic sleeper for almost a year now. Consistency is key! It is such a simple method and makes so much sense. He is happy to go to bed and has developed his own methods of putting himself to sleep (as we watch him on the monitor). We will absolutely use this method with all of our kids. I recommend to all fellow sleepy mamas!

Unless she is cold or teething my 1 year old now sleeps through the night. Took 4 nights and maybe 2 set backs , but she did it! We have not mastered napping because grandma is not consistent and just can't let her cry. But at night she is perfect. Please know that you cannot skip the bedtime routine! That was instrumental in getting her to sleep. Otherwise she started hating her room. Now 30 minutes before sleep we all go in her room, no phones , no electronic toys, just us, a. Title, a

couple of books, a stuffed animal and her binkies. By the time we go to rock her to sleep she doesn't even want to be rocked she is throwing herself out of arms into bed !!!

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