

Books on Sleep

The Sleepy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep—from Birth to Age 5 - Jennifer Waldburger & Jill Spivack

Healthy Sleep Habits, Happy Child- Marc Weisbluth

The No Cry Sleep Solution- Elizabeth Pantley

Sleeping Like a Baby- Pinky McKay

The Baby Whisperer- Tracy Hogg

Sleeping Through the Night- Jodi Mindell

90 Minute Sleep Solution- Polly Moore