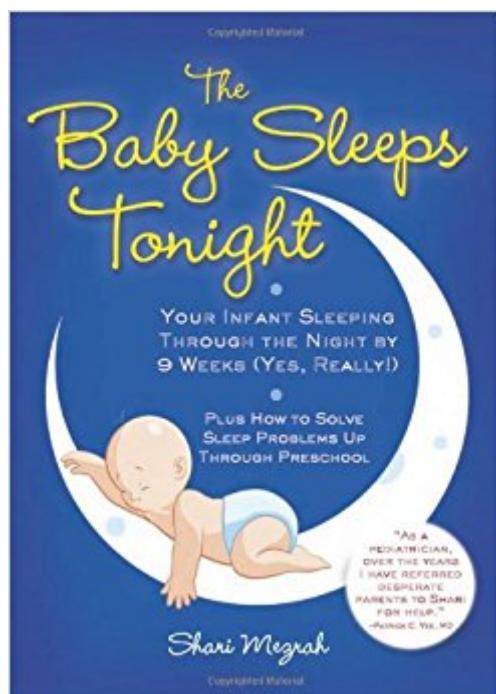


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# The Baby Sleeps Tonight: Your Infant Sleeping Through The Night By 9 Weeks (Yes, Really!)



## **Synopsis**

The Baby Sleeps Tonight offers a concise, pocket-sized guide packed with simple effective solutions that rely on a proven model of sleeping success. Sleep schedule specialist Shari Mezrah outlines quick and specific instructions to teach anyone, no matter how sleep deprived, how to create order and happiness in their household by getting baby to sleep through the night by nine weeks. The secret to the plan is the practical and progressive schedule that the author developed and has been teaching for over 10 years, and the easy to understand schedules, checklists, and helpful tips aimed at every stage of development for the first year and beyond. Planning for predictable happiness using The Baby Sleeps Tonight system helps new parents regain control over their lives, guiding them through the thorny problem of sleep schedules all the way from prebirth through the toddler years and ensuring that baby-and the whole family-sleeps tonight.

## **Book Information**

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## **Customer Reviews**

"Must-read book for parents" --Tampa Bay Magazine's "Best Bets" section, March/April 2010 issue"Provides a good list of what new parents typically need to help with sleep training (e.g., sound machine, glider, breast pump)" and "especially helpful for parents who will return to work" --Library Journal's BookSmack"No parents, you're not dreaming. Or delirious from lack of sleep. Mezrah says it can really happen if families commit to the sleep plan outlined in her new book, The Baby Sleeps Tonight." --St. Petersburg Times, April 1, 2010"You and your baby can stop crying and sleep through the night." --South Jersey Mom magazine, "Chick Lit Pick," April 2010""She provides a good

list of what new parents typically need to help with sleep training...Her book will be especially helpful for parents who will return to work." - Library Journal""As essential as eating right is sleeping well; two forthcoming titles tackle that always-hot topic-Sandy and Marcie Jones's Great Expectations: Baby Sleep Guide (Sterling, Feb.) and Shari Mezrah's The Baby Sleeps Tonight." - Publishers Weekly""Shari Mezrah creates order at a chaotic time in the lives of parents everywhere." - Tampa Bay Metro Magazine""Her schedules for feeding, naps and wake times will empower individuals on their journey of parenthood...must-read book for parents." - Tampa Bay Magazine""No, parents, you're not dreaming or delirious from lack of sleep. Mezrah says it can really happen if families commit to the sleep plan outlined in her new book, The Baby Sleeps Tonight." - St. Petersburg Times""You and your baby can stop crying and sleep through the night." - South Jersey Mom, "Chick Lit Pick"

Predict--verbTo state, tell about, or make known in advance, especially on the basis of special knowledge. Happiness--nounGood fortune; pleasure; contentment; joy. I coined the term "predictable happiness," which by definition is the ability to know what will happen next and feel good about it. The Baby Sleeps Tonight Plan is based on this concept. Why be reactionary when you can be empowered? Incorporating the plan into your family's life will lessen the degree of anticipatory anxiety you'll experience as a parent. Through a three-pronged approach of scheduled feedings, naps, and wake-times, the plan will create balance and predictable happiness in your life, while enabling everyone in the house to avoid sleep deprivation and regain their clarity and peace of mind. --Shari Mezrah

When my daughter was born, she was not a great sleeper (my fault). When my son was born, I had read this book and followed the schedules listed in the book. I did not follow the idea if leaving the baby for 15 minutes though bc I feel like they are so young and should be attended to. Instead of leaving baby on his own, I gave him his pacifier until he wouldn't accept it anymore at which point I knew he was actually tired. He slept through the night by 9 wks like the book suggested. When my next 2 boys were born, I followed the schedule listed again and they also slept through the night early on. I had to make some small adjustments in the evening bc they wanted to sleep more than the schedule suggested. This book is an excellent starting point with a well laid out schedule to get your baby to sleep well (but make minor adjustments to it to fit your needs like I did with the no crying it out policy that I have).

The best thing to happen to new parents. Having an infant sleeping all night has some real value especially for working parents.

We worked with Shari and BabyTIME when my son was five weeks old and started him on her feeding-playing-sleeping schedule as outlined in this book. He is now two and adapted amazingly to the changes as he grew, sleeping longer throughout the night, dropping naps until one afternoon nap, and eating three meals a day with snacks in-between. He now thrives on routine and my days are always on track thanks to Shari's system. This book is the total plan for getting on her schedule from day one that your new baby comes home and it really works...you and your baby will be happier (and better rested) in just a few weeks. This is an easy reading book for tired parents and a must-have for expecting mothers to become prepared for the challenges to come.

We have heard it all in regards to sleep schedules. It is good (gets baby trained to sleep when you do), it is bad (babies should not be on sleep schedules, whatever (it worked for us and I recommend to everyone I know)..... Our little guy unfortunately was born and had to spend the first week in the ICU and they actually set up all newborns on a schedule extremely similar to this book. We just continued it after bringing him home and followed the schedule with a few of our own modifications and it worked perfectly. Our little man was sleeping through from 9am to 4am after 6 weeks and sleeping 9am to 6am after 9 weeks. Our son is now 14 months and he sleeps from 8pm to 8am everyday and we give all the credit to this book for giving us the tools to help us help our son sleep through the night and help us stay sane through the first few months of our sons life. Buy this book you will never regret it.

we started the program late and in 2 days our baby went from wakening every 2 hours to sleeping 5 hours through the night. After 2 weeks of following baby sleeps for 11 hours at night. So wonderful! I think every new parent should have this book. I have a lot of friends with babies the same age (that I met in pre natal yoga), they don't use the plan and I'm the only one with a baby that sleeps through the night. We keep the feedings times real strict and near the end made our own schedule that works best for us. We also substitute with formula for the last meal of the day. This gives me a chance to pump extra for storage.

I didn't believe the book would work. My Chiropractor recommended it as he had used it with his second child. At seven weeks my son was sleeping from 11 to 7 !!! I couldn't be

happier with the outcome. The most difficult part was eliminating the 3am feeding once you get through that its easy sailing. The schedule allows you to plan your day. Following the schedule made going out to dinner or running to the store easier because you knew when your baby would be hungry. This is especially important if you are breast feeding. I have recommended this book to all my pregnant friends. I will continue to make this recommendation for years to come.

This book and plan are a great way to find peace of mind with getting your babies on a good sleeping/eating routine. I have twin girls that were 16 months when we implemented The Baby Sleeps Tonight Plan. It was such a wonderful transition. The girls now know their routine and look forward to a good night sleep. I am amazed at how fast it took to get them adjusted to this new routine. Thank you so much for a great book/plan. All new Moms should have this book. I will surely buy it for all my friends that are either struggling with a good sleep schedule or are becoming a new Mom.

For so long I was afraid to write a review about this book because I was afraid to jinx the overnight sleeping. You have to be dedicated and committed to following the plan. The sooner you start the better. It took me a month of being fully committed to see the rewards. I am buying my third book to give to a friend that is currently expecting. I recommended this to every mother out there that wants to be a well rested mom so she can be the best mom to her children.

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