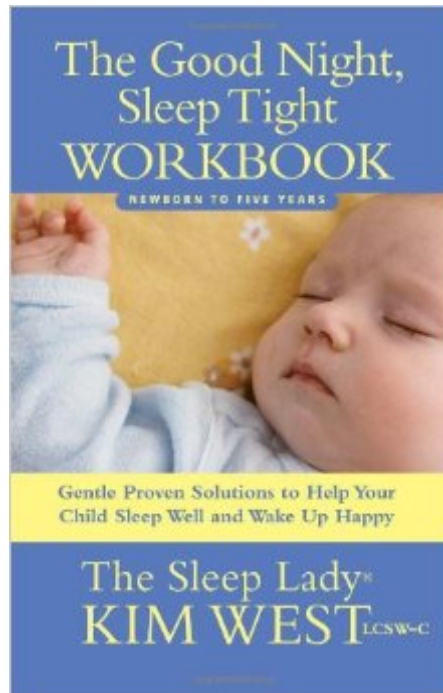


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# Good Night, Sleep Tight Workbook: The Sleep Lady's Gentle Step-by-step Guide For Tired Parents



## Synopsis

Good Night Sleep Tight Workbook is the essential companion to the best selling book, Good Night Sleep Tight, by The Sleep lady, Kim West. The book includes a step-by-step guide for parents, is organized by age and by process, and is the key to sleep coaching success. The Workbook can be used as a standalone guide; includes an essential to do list, sleep plans, tear out sleep logs, sleep manner sticker charts and a certificate of completion for celebrating success - all the essentials needed to help tired parents with children of any age who are experiencing sleep problems.

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #60,139 in Books (See Top 100 in Books) #13 in [Books > Arts & Photography > Architecture > Landscape](#) #32 in [Books > Arts & Photography > Architecture > Urban & Land Use Planning](#) #49 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#)

## Customer Reviews

I was surprised to see anything but great reviews for this book. This is a wonderful guide for any parent whose child is having sleep problems. It claims to be a common sense method and it certainly is - when you're a sleepless parent you really want a sleep technique that works and that does not require a bunch of mental gymnastics. This workbook format is terrific for the busy (and tired!) parent, it's easy to use, even if you do not have the original book that this workbook is based on (Good Night Sleep Tight).

My grandson was waking 6-10 times per night at seven months old. He could not go to sleep without being nursed and then putting him into bed woke him up for more crying. My daughter and her husband were completely stumped. While I was visiting I bought her this workbook as well as the book that goes with it. Together, in ONE WEEK, he was going down for 1-1/2 hour naps twice a

day and going down for bed (from awake to asleep) in five minutes without being nursed, with just a little complaint (not hard crying) and by the time I left his dad or I could put him down as easily as his mom. The first step was separating nursing from falling asleep. It worked. These are tried and true sleep training tips and they work. It would be good to have the other book because she refers to it, but the workbook was great for quick lookups. In the end my daughter didn't even need to keep a journal. Her baby learned to fall asleep really, really fast. Now my grandson is nine months old, takes his naps on time, goes to bed at seven, has one big nursing in the night, goes back to sleep and sleeps until 7 a.m. Thanks, Sleep Lady!

I was hoping this would be more of a log book. It seems to be just a reiteration of her book, in big print. I'm not sure if I'll send it back (still unread so I can't be completely judgmental, I just flipped through) I was hoping this would be a spreadsheet for keeping track of times etc but my sleep deprived self will have to make one. That said I DO like her system, helped a lot though it's hard on the parent so I suggest starting on a weekend if you can. I was too desperate to wait.

Sleep saver! We started using a few tips from the book and decided to commit to the system and get the work book too (started with book on kindle). Having a paper copy with the important points highlighted helped us form a plan fast. It worked immediately- from the first night we learned our breastfed baby was only eating four times because we assumed that's what he wanted. We were able to comfort him with minimal fuss and go to one feeding a night. Also naps and putting him down in general takes anywhere from 7-30 mins (the first attempt was an hour). This is a major improvement- especially because our son would insist on napping in a lap and spending half the night in the swing. We are now 100% crib. And her method for 5 month olds was age appropriate. We have done mostly attachment parenting and this fell in line with our comfort level.

If you read my review of The Sleep Lady's Good Night Sleep Tight, you know that I absolutely love her technique. I was having some terrible trouble getting my girls to go to bed and sleep through the night and was in desperate need of some help. I followed her techniques and was able to consistently sleep until my alarm went off. That was unheard of in my home. I will be honest and admit that I didn't stick with it like I should have and I still have a terrible time getting my girls to bed, but the technique definitely deserves merit. This workbook is almost like a "cliff notes" version of Good Night Sleep Tight and is just as essential for a new mom. New moms are tired enough and it can be really difficult to find time to read anything, let alone a 400+ page book about sleeping. So,

the condensed version is really a lifesaver. As a matter of fact, when I finished reading through it for my review, I passed it along to my pregnant friend who was thrilled to get it. This book is perfect for any mom with a kid under the age of 5. The Sleep Lady, Kim West, has techniques all younger aged kids and I would imagine that most of them are just as phenomenal as the two stages that I tried for my girls.

Read this book while I tried to rock my baby to sleep which was starting to take 30-45 mins for each nap and at the time she was napping three times a day. I was so worn out just trying to get my 7 month old to sleep. I implemented the changes in the book the next night after making my plan. The first two nights were hard but after that I followed the plan exactly and my baby now gets a book before bed and then I put her down and she gets herself to sleep. I didn't want to do cry it out and this book allows you to teach your child to sleep while supporting their needs as well.

Great read for first time parents. We bought this when our son turned 6 months and we were trying to find something that could help us putting him to sleep without using the "cried out" method. The ideas in this book are great and it is very easy to follow. However, not all babies behave the same. we follow the steps and now he is sleeping (going to bed) at the same time every night and he is taking naps regularly, just like the book says. But, we haven't been able to eliminate the midnight feeding. That is the only thing we haven't been able to accomplish following the book steps. Other than that, I highly recommend this book to desperate parents.

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