

# Your Sleepless Baby: The Rescue Guide

## The Ultimate Guide to Getting Your Baby Sleeping Through the Night

Are you struggling with a sleepless baby? Do you feel exhausted and desperate for a good night's sleep? This book is your answer.



### Your Sleepless Baby: The Rescue Guide by Rowena Bennett

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3591 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 322 pages
Lending	: Enabled



Your Sleepless Baby: The Rescue Guide is the ultimate guide to getting your baby sleeping through the night. This book will teach you everything you need to know about baby sleep, from how to create a healthy sleep environment to how to troubleshoot common sleep problems.

### What You'll Learn in This Book

- How to create a healthy sleep environment for your baby
- How to establish a regular sleep schedule for your baby
- How to soothe your baby to sleep

- How to handle common sleep problems, such as night waking, early rising, and sleep regressions
- How to get your baby sleeping through the night

## **Who This Book Is For**

This book is for any parent who is struggling with a sleepless baby. Whether you're a first-time parent or you've been dealing with sleep problems for years, this book can help you get your baby sleeping through the night.

## **About the Author**

The author of *Your Sleepless Baby: The Rescue Guide* is a certified baby sleep coach with over 10 years of experience helping families get their babies sleeping through the night.

The author has helped hundreds of families get their babies sleeping through the night, and she has a proven track record of success.

## **Free Download Your Copy Today**

If you're ready to get your baby sleeping through the night, Free Download your copy of *Your Sleepless Baby: The Rescue Guide* today.

This book is available in paperback and ebook formats.

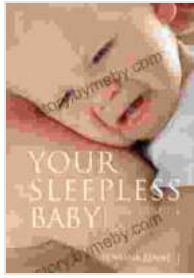
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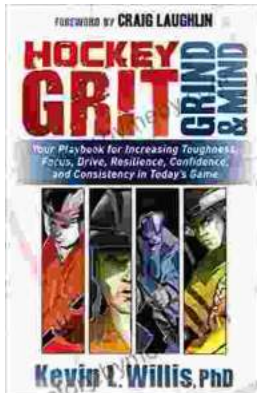
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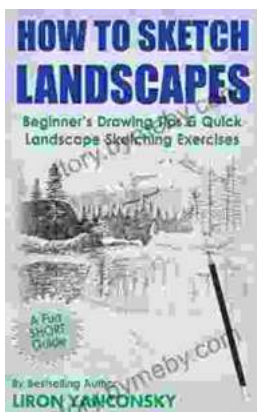


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