

BOOK SAVE OUR SLEEP



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Tizzie started her Save Our Sleep (SOS) business in the UK in 1996 after tertiary psychology studies and a career in private childcare. She moved to Melbourne in 2002 where she has continued the success of her infant sleep solutions business.

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Save Our Sleep. Save Our Sleep is the book that parents asked Tizzie to write, and with over 40,000 copies sold in the past three years it has rapidly become the only book parents need to cure their own sleep deprivation! New material includes new routines, integrated feedback on routines, dummy use, express feeding,

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Save our Sleep appears to be a book that is best suited to parents who value sleep a lot - you have to value sleep more than you value the freedom of planning your own day because if you undertake the routines in book there is no more flexibility.

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Save Our Sleep A Parent's Guide Towards Happy Sleeping

Tizzie started her Save Our Sleep (SOS) business in the UK in 1996 after tertiary psychology studies and a career in private childcare. She moved to Melbourne in 2002 where she has continued the success of her infant sleep solutions business.

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