

## **SLEEP EASY SOLUTION**



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### **The Sleepeasy Solution The Exhausted Parent's Guide to**

After implementing the Sleep Easy Solution our 10 month old was sleeping through the night in 5 nights. After night 1 he was able to put himself to sleep with minimal crying. It was like a miracle the sleep deprivation had really taken a toll on us.

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### **Sleepeasy Solution Summary Real Life Experience**

The Sleepeasy Solution book was a total godsend to my family. In the course of roughly 7 days of sleep training using this method, my 6 month old went from having an increasingly difficult time settling to sleep at any point between 7 and 9:30 pm, to going to sleep like clockwork at 7:30 on the dot.

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### **A Little Bit of Rain Review The SleepEasy Solution**

The Sleepeasy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep from Birth to Age 5 When my little munchkin was born, I hit the jackpot. From early on she was such a good sleeper.

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