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# THE GOOD SLEEPER: THE ESSENTIAL GUIDE TO SLEEP FOR YOUR BABY - AND YOU



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Good Sleeper: The Essential Guide to Sleep for Your Baby - and You, Janet Kennedy, Cry it out or co-sleep? Silence or Mozart? Darkness or night lights? Exhausted parents have tried everything to get their children to sleep through the night so they can too. Overwhelmed by complicated and conflicting advice, many mums, dads and babies still struggle to get a good night's sleep. In The Good Sleeper, sleep expert Dr...

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- Authored by Janet Kennedy
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