HEALTHY SLEEP HABITS HEALTHY BABY



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Healthy Sleep Habits Happy Child the Cliff Notes The

In these cases it is OK to occasionally put the baby down to sleep for the night at 5:30! * Generally, bedtime should be between 7 and 8, maybe even a little earlier. * Night time sleep should easily be 12 hours.

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Healthy Sleep Habits Happy Child Marc Weissbluth MD

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