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Healthy Sleep Habits Happy Child by Marc Weissbluth

To ask other readers questions about Healthy Sleep Habits, Happy Child, please sign up. Be the first to ask a question about Healthy Sleep Habits, Happy Child This book was recommended to me by a good friend who had literally poured over every book she could find on the topic of sleep. She sees it

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This book will stress you out and make you feel like an irresponsible parent. It's very preachy and extremely strict. Weissbluth makes many good points and I think he's right on many counts, but it's not a book you want to read when you're already sleep-deprived.

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Healthy Sleep Habits Happy Child Marc Weissbluth

The book contains 3 things: the author's extensive experience, the research studies that back up his advice, and parents' stories about their own experiences.

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