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Tracy Hogg, author of "Secrets of the Baby Whisperer," relies on the best features of many different sleep training philosophies to create a method that encourages listening, patience and routine to help your baby develop into a healthy all-night sleeper. Your baby's age will determine how to apply the Baby Whisperer's sleep method.

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Praise I call Dr. Winter a sleep whisperer. Through his work with top athletes, he s found an amazingly effective way to show that sleep can be the ultimate performance enhancer in sports, at work, and in every aspect of our lives. Arianna Huffington

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Lesen Sie Top Tips from the Baby Whisperer: Sleep Secrets to Getting Your Baby to Sleep through the Night von Tracy Hogg mit Rakuten Kobo. 'I can't get my five-week-old to sleep in her cot.' 'My six-week-old resists his naps.' 'My baby is three months old and

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