

The 90-Minute Baby Sleep Program: Follow Your Child's Natural Sleep Rhythms For Better Nights and Naps

Polly Moore

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Introduces a scientifically proven, effective approach to getting children the sleep they need, presenting the N.A.P.S. program that uses a child's natural sleep rhythms to enhance the quality of sleep at night and during naps, offering suggestions on how

Title: The 90-Minute Baby Sleep Program

Author: Moore, Polly, Ph.D. **Publisher:** Workman Pub Co Publication Date: 2008/02/14

Number of Pages: 184

Binding Type: PAPERBACK

Library of Congress: oc2008080506

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