



The No-Cry Sleep Solution for Newborns: Amazing Sleep from Day One - For Baby and You

Elizabeth Pantley

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“Elizabeth Pantley spins her baby magic! She towers above her competitors by showing us what babies really need, and how best to give it to them.”

James J. McKenna, PhD, Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame

You have a newborn, so sleep is impossible, right? Wrong! In the womb, babies sleep up to twenty hours per day. Clearly newborns don't need to be “trained” how to sleep – they know how, and they've had plenty of practice. So why do most parents have trouble getting their newborns to sleep?

Elizabeth Pantley, a world-renowned expert on children's sleep, created this guide to explain the ways we unintentionally prevent an infant's natural sleep to occur, and to teach us the simple but powerful ways to maximize our newborn's naps and nighttime sleep. Once you've learned the *15 Keys to Amazing Newborn Sleep* you'll easily make adjustments to how you treat your baby's sleep. You don't have to keep logs nor follow schedules or rules. Just by being aware of this information you will do things to improve sleep that you wouldn't have known to do otherwise.

With *The No-Cry Sleep Solution for Newborns*, you will learn:

- the things that trick us into disrupting a baby's sleep
- how to identify the perfect moment for a nap
- ways to create a sleep-inducing environment
- tips to reduce the number of night wakings
- how to set the stage for great sleep throughout babyhood

The No-Cry Sleep Solution for Newborns was field-tested by 122 test families with newborns. Their input refined the ideas to make them easy to understand and follow – by even the most sleep-deprived parent. When you apply these Keys you can help your baby sleep well and peacefully. And guess what? When your baby sleeps – you will, too!

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