

Baby bedtime secrets revealed: The easiest way to get your baby sleeping well through the night and day, even if you have a newborn or a sleep-resistant pre-schooler!

As a mother of two young children, I know how hard it is when your baby will not sleep, and the impact it has on you and your family.

I know what it's like to **wake several times a night and deal with a crying baby** who refuses to settle no matter what you do...

You spend hours a night rocking your baby to sleep and nursing, patting or holding your little one until they nod off...only to repeat the whole thing an hour later!

Your days are disrupted because not only are you too tired to do anything, but your baby is also in a grumpy mood, **crying and whingeing for no apparent reason**.

It's even harder when your baby will not nap consistently during the day – you end up trying to do your best to catch up with chores while your baby sleeps, but **your baby never sleeps long enough and the chores are left for another day**.

You snack on junk food or order out because you are too exhausted to cook.

Your partner is neglected. Your other children are neglected. Your home is neglected. YOU are neglected. And all because of the little bundle of joy who REFUSES to sleep!

Sound familiar?

Is Your Child Sleep Deprived?

Around 40% of parents struggle to get their babies to sleep and spend years trying to fix problems such as continual night waking as their child gets older.

What's even more worrying is that studies completed by the National Sleep Foundation have found that instead of the 13-15 hours sleep needed daily for babies, **less than half of all babies under the age of 6 months were sleeping more than 12 hours**.

In the USA alone, more than 2 million children have sleep problems – that's a lot of sleepless nights!

What does this mean? It means that a young ***baby who doesn't get the required amount of sleep for their age can suffer from chronic sleep deprivation*** which can **seriously affect the long term mental and physical well being of a child.**

What's even worse is that most parents don't realize the significance of this, or understand that their child ***needs more sleep***. It's a sad fact that most of these babies go on to develop long term sleeping disorders which can last well into adulthood.

Eating habits and tantrums can be caused by a lack of sleep. If your baby is always tired and crying or fretful for no apparent reason, it is likely that they need more sleep.

As a parent, you need to help them get as much sleep as possible.

But at this stage you are probably wondering...

Why isn't my baby sleeping?

There are lots of reasons why your baby isn't sleeping, but most of these boil down to two things: ***bad habits YOU put in your children (usually unknowingly!) and not having a good routine in place.***

For example, did you know you should **NEVER** give your baby a pacifier or dummy to sleep with? This is one of the **WORST** things you can give your baby, and is also one of the hardest problems to solve. **DON'T** do it.

If your baby is demanding and difficult during the day and rarely sleeps well and cries all night, chances are you are shattered and worn out and rarely have the time or energy to do anything around the house or make time for anything or anyone else.

The truth is, even though as a parent you expected to have bad nights and find it hard, nothing could have prepared you for the total lack of sleep and lack of time and energy you are experiencing now...

...and it doesn't get any easier. As a parent, you are expected to know and respond to your child's every whimper and cry, but how can you when you just ***don't know what to do?***

Wouldn't you love to be able to go to bed at night ***safe and secure*** in the knowledge that your baby is not only going to sleep well, but that they are getting the rest they need during the day as well?

Wouldn't you love to be able to wake every morning and confidently deal with whatever life throws at you because now you have the ***time and the energy*** to deal with it?

What if you could start getting the sleep you need and start having time during the day to deal with the cooking, cleaning, shopping and the other kids, and ***still have time to spend with your partner as well?***

Even if your baby has never slept a wink during the day and sleeps even worse at night, all is not lost. As long as you have the motivation and desire to turn your crying, fretful baby into a cuddly, smiling delight who sleeps well during the day and the night, then you can change your situation for the better.

You are probably thinking that your situation is as bad as it gets and is completely hopeless, but I am here to tell you that no matter what your problems are, they can quickly and easily be resolved.

Why You Need Help With Your Child's Sleep Problems NOW!!

You can't just sit it out and hope things will improve...they **never** do! If the following applies to you, then you ***need a solution NOW!***

- Your baby cries and frets during the day for no apparent reason
- He rarely sleeps during the day
- He seems resistant to naps and sleep
- He wakes repeatedly during the night
- His naps are infrequent, short and unpredictable
- He cries all night
- He needs a pacifier, feeding, rocking or holding to sleep
- He refuses to sleep in his cot
- He is difficult and demanding during the day

If you answered yes to any of these, then help is at hand.

What about you? If any of these are familiar to you then ***you need help ASAP!***

- Permanently stressed and shattered, often on edge
- Spending hours a night up with baby
- Spending hours a night rocking little one to sleep, or feeding them to sleep
- Snapping at your other half because you are tired
- Severe sleep deprivation starting to make you ill
- Loss of couple time and spare time. In fact, loss of all additional time!
- No social life because your life feels taken over by your baby
- No time for housework, and struggling to get simple jobs done

- Resorting to take outs and junk because you do not have the time to cook
- Chaotic home where no one seems to know what's going on
- Never knowing where you are from one minute to the next
- Never being able to switch off and unwind
- Constantly worrying about your baby and if he is sleeping enough
- Worried about how your baby is developing because of the lack of sleep
- Falling asleep in front of the TV without realizing

If you answered yes to any of these, then you need to listen carefully to what I am about to tell you, because **what I am about to reveal could seriously change your life!**

You CAN change your baby's sleep habits for good, ensuring that you have a good night's rest and that your baby does too, no matter what you have tried before, or how many times previous sleep training attempts have failed.

How would you like your life to be?

What if you could place your baby down for a nap and know ***exactly*** when to wake him and when to put him down for the next nap?

What if you could learn when your baby is tired and ***respond to your baby's needs instantly?*** How would this information make you feel as a mother? More in control? Less stressed?

What if you could get your baby ***sleeping well through the night quickly and easily*** and **without** spending hours rocking them to sleep?

What if you could ***plan your days with confidence*** knowing exactly when and how long your baby will sleep?

What if you could finally have some ***valuable time*** to spend in the evening to yourself and to spend with your other half?

What if I could give you this information and give you the peace of mind you're looking for when it comes to solving your child's sleep problems?

What if the information I gave you had the power to re-organize your home and give you back precious time to ***enjoy*** your baby without feeling stressed?

What would information like this be worth to you?

The Sleepless Nights That Started It All...

Let me introduce myself. My name is Saira and I am a proud mum of two beautiful boys. My youngest is just a year old and sleeps like a dream – 12 hours a night and a two hour nap at lunchtime daily.

My eldest is six and sleeps 12 hours a night without any fuss and has done so since he was eight months old. In fact, he could sleep through a herd of elephants! It wasn't always like this though.

When I had my eldest son, I thought that having two childcare qualifications and having worked as a qualified baby consultant at the local pharmacy would help me tremendously once he was born, and I was sure that I could confidently look after him. After all, I had worked in both a crèche and a nursery and had lots of nephews and nieces.

With all that practice, how hard could it be to look after a baby?

Boy, it couldn't have been any harder! ***My son spent more time crying awake than he did sleeping.*** I was recovering from a caesarean and needed a lot of rest, but as a mum, that is something you rarely get.

My son would wake anywhere between 7-10 times a night, sometimes crying for two hours at a time and I would resort to endless hours of back-breaking rocking just to try and get him to sleep. I thought the experience would kill me, and I completely lost my confidence in my own parenting skills, because I felt like a failure.

All the qualifications and experience in the world could not have prepared me for the stress and exhaustion of months of sleep deprivation – I wasn't even sure how I managed to get through each day, let alone remember it.

I was told that the first 6 weeks of a baby's life were the hardest and that babies settle well after this time – no such luck for me, the endless night wakings lasted 8 months...

...I would never get more than 3 hours of broken sleep a night, and even worse, I couldn't catch up with my sleep during the day because my little one never had consistent nap times...even when he did sleep, it was never more than half an hour at best.

No Dr or health visitor could tell me what to do or even tell me what was wrong. My husband would even put our young son into the car and drive him around for hours in the hope that he would sleep.

Things came to a head one night when I had spent ***two hours rocking my son to sleep*** – I thought my back was going to snap. I cried and cried that night, and when he did fall asleep,

I placed him in his cot, only for the ordeal to repeat itself 40 minutes later. I thought I was going to go mad.

My days were filled with dread for the night ahead, and I spent the daytimes in a frenzied daze, running around trying to fit in chores here and there in the rare moments when my son would literally catnap.

I was like a Zombie, and ***the lack of sleep at night and the days of restlessness made me grumpy, shattered and not very pleasant to be around.*** I would snap at my husband for no reason at all and sometimes I felt so overwhelmed, I would just cry. I was miserable, and I couldn't go on the way I was.

Something had to be done, and it had to be done fast.

A nurse suggested I try the 'Cry it out' method – where you leave your baby to cry until they fall asleep. ***After 45 minutes of listening to my son desperately crying out for me, he finally fell asleep – while I sat outside his room and sobbed my heart out.***

How could I leave my son to cry so hard? I felt **guilty** and although it sorted out his sleeping problems, I never, **EVER** wanted to go through something so traumatic ever again.

Naturally, when I fell pregnant again, ***I wanted to avoid the problems I had with my first child.*** I started researching anything and everything I could get my hands on about babies and sleep.

What surprised me was that the local health authority offered NO help or advice for sleep problems in their maternity packs which they hand out to all expectant mums, despite the fact that each year, thousands of parents are referred to sleep clinics for help with resolving their children's chronic sleep problems.

I compiled this information into one source so that I could refer to it easily when the time came. When I read through this information, **I realized in hindsight that it was my fault that my eldest never slept all night.**

The very things I was doing to calm and soothe my child were the very things which were creating the wrong sleep associations and making my son **resistant** to a good night's sleep.

When my second son was born, I had another caesarean and this time, determined not to go through the same problems as I did with my eldest son, ***I started sleep training my newborn within hours of birth, using the strategies and techniques I had researched so well.***

It was the best thing I ever did. My youngest has always slept well, and when problems arose, I used my new-found information to deal with the problems quickly and easily. My confidence was sky-high and when three family members had babies in quick succession

around the same time as me, they turned to me for help and advice...advice I was only too happy to give!

Now I would love to share the same information with you.

If you think that your baby's sleeping habits will improve over time, then you are in for a shock.

It's a sad and worrying fact that **bad sleeping habits only worsen over time**, and cause sleeping problems as you get older –the 18 million adult Americans who have sleep disorders are proof of this.

I think you will agree that sleep is one of life's precious gifts and can mean the difference between a rested and happy child who is ready to learn and face the day and a child who is groggy, tired, short-tempered and in no mood to learn.

As a parent, ***it is up to you to instil good sleep habits in your child***...so what are your choices?

You could ride it out in the hope that things will improve, but as mentioned before, this rarely solves the problem - instead intensifying the situation.

You could buy one of the other sleep guide books out there, but there are a few problems with these...

Firstly, they don't give you a **choice of which sleep training methods to use and when** – this is essential because children have different personalities and temperaments. These books don't look at the age of a child. For example, the cry it out method cannot be used with children under the age of 3 months and cannot be used for older children over the age of three either.

Secondly, these books ***ignore parenting styles***. Perhaps you are not comfortable with strict routines. Maybe you don't want your baby going to bed at 7pm and waking at 7am in the morning. You may not like allowing your child to cry for longer and longer periods of time either, since it feels unnatural and makes you feel guilty.

Thirdly, these books ***never*** give you comprehensive information on naps and napping schedules. In fact, when researching sleep books, this is the one thing I found to be the most infuriating – they all expect you to know that a child needs a nap but give very little information on how to make it happen.

Finally, these sleep books assume you have a background in science as they delve into sleep theory about why babies don't sleep – sometimes ***sleep books can be hundreds of pages long and you have to wade through them to get the most important information***. Let's face it, you need a solution now, and with a young child, who has the time to read such huge books anyway?

You could see your local health visitor about helping you create a bedtime routine which works, but as one health visitor pointed out to me, the only method they recommend is the cry it out method (which I HATE and many other parents hate too) and this **cannot** be used for newborns or older children.

You could go to your local sleep clinic, but as parents will tell you, you have to wait weeks or even months for an appointment. Why waste hours sat in waiting rooms and spending weeks to get to the bottom of why your child is not sleeping? Why not get the solutions you need right now?

What you need is a one stop guide which:

- Presents lots of **different sleep training options** for you
- Covers sleeping habits for different ages
- Can be used from birth through to pre-school
- **Covers naps and napping schedule in detail**
- Teaches you how to recognize sleep signs in babies
- Covers the common problems faced which prevents children from sleeping
- Helps you teach newborns the **correct sleep associations** to prevent long term sleep problems from developing
- Shows you how to **correct poor sleep associations** and break the habit
- Informs and educates you if you are an expectant parent so your first few weeks will go as **smoothly** as possible

You see, parenting styles aren't set in stone and neither is the way that a home is organized and run. Some famous routines out there advocate that unless you follow the routine to the letter, it will not work.

Fine if you like a regimented routine and can deal with the strict nature of a rigid routine, but your individual circumstances may need different timings.

What you need is a routine which is **flexible** and suits you, but most parents are clueless when it comes to creating routines for their children and quite often it's a trial and error option...

...well what if I told you that having a flexible routine is not only achievable, but highly recommended? Babies are not machines with precise instructions, but they are reliable in following their own internal cues for sleep!

The secret to a good routine is recognising these signs and responding to them accordingly!

It's that simple. No more guesswork, no more rigidity following this or following that.

And the best part? ***The earlier you start, the easier it is!*** In fact, if you are an expectant parent reading this, then the information contained on this page could well **save you from months of sleepless nights** and agonizing over how to deal with a fractious child.

Introducing the Secret to a Good Night's Sleep – The Ultimate Sleep Guide

Sleep problems can be solved by creating the right sleep associations and correcting bad ones and then choosing a method of sleep training that **suits the parent and child.**

The Ultimate Sleep Guide(USG) is a sleep training guide to help resolve sleeping problems in children ages 0-5. I wrote this guide to help, guide and inspire parents just like you to correct and perfect their child's sleeping habits so that you can **both get the good's night sleep you deserve.**

Here's How the USG Will Help by:

- resolving sleep problems quickly
- developing the correct sleep associations so your baby learns to sleep without any help from you or anything else
- **developing lifelong healthy sleep habits**
- **avoiding endless nights of crying...and endless nights of stress for you**
- resolving daytime sleeping issues so you have a chance to catch up with things that need doing
- helping you to create a flexible routine to fit around your family
- discovering common reasons your baby won't sleep and what to do to correct them
- developing ***correct*** sleeping habits
- **making your life easier and stress free**

The USG is ideal for parents of children ages 0-5 and also for expectant parents who want to be prepared for helping their newborn achieve good sleep habits for life.

What Makes the USG Unique?

Now, I know what you are thinking. You are probably thinking that this is just like any other book out there and that the USG is nothing new or different. But, what sets it apart from other books is that:

- it is a one-stop sleeping guide which gives you **a choice of how to train your child**
- it gives **detailed napping advice** of how and when to place your baby down for naps
- it helps you develop a **flexible routine** to fit around your family

Maybe you are skeptical of the results that can be achieved with the USG. I was skeptical at first too, until I experienced firsthand what these results did for me and my family.

I would even go as far as to say that *the USG helped me save my relationship* because as all new mothers know, when you become wrapped up in caring for your newborn, it is very easy to neglect your partner.

It is even easier to take your anger and frustration out on your partner when you have suffered from months of sleep deprivation because your baby will not settle.

The reality is, many relationships breakdown when a child arrives because life changes in ways that you could never expect or predict. It starts when your other half decides to sleep in the spare room to get more sleep...and then it ends up being more of a permanent arrangement than what was expected!

What Will I Learn in the USG?

Good question. The guide is designed to give you the information you need **NOW** without delving into pages and pages of theory. In short, we have nearly 40 pages of power packed sleep-inducing information which will *cut to the chase*. Here's what you will learn:

- Essential tips to get your newborn sleeping well from birth
- The one thing you should **always** do to get your baby into a good routine...**do this one thing and half of your baby's sleeping problems will be gone, paving the way for a good night sleep for you and your baby**
- The things you should **never** do to get your baby to sleep – ignore these and watch your baby's sleeping behaviour **get worse over time!**
- Practical advice on creating a routine
- Creating flexible routines which work around you and your family, making your life simpler
- Ways to **avoid endless sleepless nights**
- Common problems that affect sleep and what you can do to solve them
- Help and advice on solving sleep problems from newborn to pre-school
- The crucial link between feeding and sleep - get this wrong and your child will **never** sleep through the night
- Different methods of sleep training other than controlled crying – no more guilt trips or letting your baby cry for hours
- Solid advice on naps and why they are essential to help your baby sleep well at night - miss this and you will always have a fretful child
- Nap schedules that work and **change** as your baby grows...so you are always one step ahead of dealing with the natural changes in your baby's sleeping patterns
- Solutions to changes in a child's routine and more importantly, how to get back on track

And lots, lots more!

With the USG, you are **GUARANTEED** to have your child sleeping better within 7 days and a **dramatic improvement** in less than two weeks.

What price would you pay for a good night's sleep? Just think of the benefits to you and your baby:

- 12 hours sleep for your baby during the night, which means solid sleep-time for you!
- solid naptimes during the day
- More energy to cope with the day ahead (let's face it, who doesn't need that?)
- A rested, happy baby which is a delight to be around
- Assurance of knowing your baby is thriving and **getting the sleep they need** for growth and development
- Improved concentration skills for your child – see your child excel in their learning!
- Setting good sleep habits for life
- You and your family finally going to sleep at night with the comfort and knowledge that you will have a **peaceful** night
- No stressing over when baby needs to feed or sleep – with the advice in this guide, you will know **EXACTLY** when to feed your baby
- Simple routines that even someone who has never done babysitting can do with confidence
- A more confident you! Yes, believe you me, as a parent you need the re-assurance you are doing the best job, and nothing is better than a **happy baby to boost your confidence in your own parenting skills!**
- Prevent long term sleeping problems which can last into adulthood
- Learn how to get your baby into a routine quickly so you have a more ordered and relaxed day
- Several sleep training methods to choose from so you have complete control and flexibility over how you train your child
- Learning the correct way to structure feeds so that your baby doesn't wake from hunger and stays asleep longer!
- no longer guess when your baby needs a nap – with these methods, you will know **instantly** when your child needs sleep
- **learn the 7 golden rules of sleep so that your baby learns to sleep without assistance from you** – these methods alone will **DRAMATICALLY** improve your child's sleep
- eliminate the guesswork of why your baby is not sleeping – and deal with it so your baby **does** sleep
- prevent your baby from being fully woken from sleep during the night and prevent middle of the night meltdowns!
- prevent hours of crying a night (and save your sanity in the process!)
- quickly **resolve disruptive sleep behaviour** in older children and get them sleeping well again, no matter how resistant to sleep they are!
- Provides the tools for make parenting in the first few weeks calmer and more relaxed
- Sets the stage for excellent sleep habits in later life

- Help parents and children become better sleepers and ***avoids the problem of late sleepers and early risers*** – this will ensure you **BOTH** get a good night's sleep and more importantly, **you** get enough sleep!
- Create order out of chaos and makes the bedtime routine a calming and enjoyable experience for both you and your child
- prevent long term sleeping problems associated with too much or too little sleep
- Avoid your baby developing a 'second wind' where baby is so tired that they become hyper and difficult and resist sleeping altogether
- Allow you to get some ***well earned rest during the day or allow you to catch up with chores while baby naps***
- Regain control over your home, making it more relaxed because you have more time to get things done!
- Have a routine which creates predictability and allows you to plan the day ahead without disruptions – you will wonder how you ever managed without one!
- Prevent your child getting overly tired by learning to recognize the sleepy signals in your baby
- Avoid tantrums and 'meltdown' in older children using a consistent routine
- Prevent nap problems and allow your baby to have more rested sleep
- Teach your baby sleep cues which make it easier for your little one to fall asleep
- ***Deal with disruptions confidently*** such as holidays and days out so you are well prepared and know what to do
- Layer your bedtimes for other children to ***put you back in control*** and allow you to give each child your undivided attention – your children will **NEVER** complain that you don't read them stories or never have time for them again!
- Tips to deal with common health problems such as teething, colic and colds so preventing sleeping problems associated with these
- ***learn how to change routines to adapt to your growing baby*** so you can keep them sleeping well regardless of their age
- ***prevent early rising at 5-6am so no more early mornings – and the best bit? You get a lie in!***
- Sleeping logs to help you identify and understand your child's sleeping patterns
- Resources section so you know where to buy everything from!

And many more benefits besides! The greatest benefit though is the peace of mind you have of knowing how to deal with your baby quickly and easily. Even better, the USG puts you the parent back in control of your home.

Your baby will sleep better and for longer – guaranteed. The USG gives you the assurance of ***knowing*** not only that things will improve, but that your baby is **getting the rest he needs for optimum health and well being.**

Nothing is more important than the health of your child, and the USG is the best way to give your baby the **gift of good sleep**. It is also the PERFECT way to help you manage your days and make them more **predictable and less stressful**.

If you are a new parent, then chances are you feel overwhelmed and perhaps a little scared of the responsibility of looking after your precious newborn. Just remember, ***no parent gets it right straight away, there is always a learning curve!***

I literally did nothing more than wing it for the first 8 months of my eldest son's life, and none of my childcare qualifications helped me in the slightest!

As a parent, whether you are doing this the first time or the fourth time round, you still feel apprehensive, worried and scared. Why? Because you want the best for your baby and worry that perhaps you aren't doing it right.

But the USG helps you ***deal with the fear, worry and anxiety*** because it gives you the **confidence** to interpret your baby's most basic needs of sleeping and feeding – and do it with certainty.

Nothing makes you feel happier or more content when you see your baby happy and developing well right before your eyes...it's the **ultimate proof** that you are doing the best possible job with your little one.

Now who doesn't want that for their child?

Forget these A list celebrities which look like picture of glowing perfection just minutes from birth – these women have an army of nannies and helpers to make their job as a parent easy. In fact, I would say it was cheating!

But once you have the ***tools to know how to deal with your baby***, it will give you the inner glow that only a proud parent can feel when they look at how well their bundle of joy is doing...***safe and secure*** in the knowledge that all is being done to help ***nurture and grow*** their little ones into healthy human beings.

What would a happier and calmer home environment be worth to you?

But don't take my word for it, read some of the testimonials from parents and family members who have used the guide:

'I had my son after 11 years (I have two children previously) and its ***easy to forget*** how hard it can be. I was very poorly after having my son, and the techniques in this guide helped tremendously in dealing with his night time sleep habits and in helping to resolve his lack of naps during the day. I am so glad I had a chance to try this guide.'

Mrs Sarwar, mum to 14 month old Ismael.

'My little one was born with gastric reflux and never slept at night. He fed badly due to a throat problem and the tips and techniques from the USG were a life saver. Although he is nearly two and isn't sleeping through the night (because of recurring health problems which

means he is severely underweight for his age), he is only waking once in the night and then falls asleep easily without any fuss after a quick feed.'

Fuzzy, mum to 23 month old Moses.

'I can't believe we even have a baby in the house! Jay sleeps brilliantly well, and is a pleasure to be with! He ***sleeps a solid three hours during the day and gives my wife enough time to deal with the chores or even just relax!*** Jay goes to bed at 10pm and wakes up at 10am everyday. I get to spend quality time with my wife in the evening and we can have a lie-in in the morning without worry. The sleep routines have changed our lives for the better and there is a relaxed atmosphere in the house. Everything is ***calm and predictable*** and it makes planning outings easy.'

Dali, dad to 11 month old Jay.

You see, you can either ride out your current situation and hope for the best, hoping for the day when your baby actually sleeps all night (which in all honesty is as likely as finding a lump of gold in your garden)...

Or you can do something about it right **NOW** and **start seeing results in as little as a week.**

Why waste the precious sleep time of your child which your little one **needs** to develop into a healthy adult...you can resolve the situation now...

...or you can do nothing and wait for your child to join the 2 million other worried parents who spend night after night stressing over another sleepless night and disruptive day.

The choice is yours, so what's it to be?

The 'Use it and Snooze it' Guarantee

With the USG, you have nothing to lose with our iron clad 'Use it and snooze it' guarantee.

You have a full three months to try out the sleep guide, and if you don't start seeing results in as little as a week, then I will refund your money, no questions asked.

How does that sound?

Now, some of you may be wondering why I am giving you three months to try the guide and saying you can see results in as little as a week, right?

The reason is simple. Because how quickly you see results will depend on the age of your child. If you are using the guide for a newborn, it takes time to instil good sleep habits, so may take 2-3 weeks to implement the techniques **because your baby has to learn new behaviour.**

Older children can be **more resistant** to change, so it may take a few weeks to see positive changes – but the bottom line is that you WILL see them.

This is why I am offering you a three month guarantee so you have no excuses not to try everything in this guide before deciding whether it is for you or not.

Here's what you get when you order right now...

You get the Ultimate Sleep guide which will be available to download instantly upon payment PLUS you also get:

- Bonus report on 10 easy baby weaning recipes
- Bonus report on 10 finger foods for toddlers

The USG and the bonuses can be yours for the **low price of just £9.99 which you can have now.** It's easier than waiting for months for an appointment at a sleep clinic and easier than buying lots of books on different types of sleep training.

Don't forget, you will find comprehensive napping information in the USG which is missing in other books, as well as being able to **stay in control of baby's routine** instead of sticking to a strict routine as suggested by some books.

Believe you me, £9.99 is a small price to pay for a good night's sleep and less than buying one book on sleep problems. The reality is, unless you find everything you are looking for in one book, you will end up spending much more on additional help and resources.

With the USG, you have no need to rely on the guilt-inducing cry it out method, because you have several methods to choose from.

You will also receive two bonus reports on meals for babies and toddlers which you won't find in other sleep training books.

You really have nothing to lose except the sleepless nights and restless days!

Buy the USG guide and start seeing results in as little as a week:

- Get your life back
- Have your baby sleeping better
- you sleep better
- family time more relaxed and calm

- baby sleeping consistently during the day
- start having more time to yourself and for your loved ones

Just imagine getting into your warm, cozy bed at night with a mug of cocoa in one hand and a really good book in the other, (let's face it, when was the last time you did that then?) And when you are done, you lie down safe and snugly before gently drifting off into the land of Nod without the worry or stress of having to disrupt a wonderful night's sleep because your baby is up again.

Imagine your little one sleeping really well during the day so that you are able to do your chores with ease or just put your feet up and relax! Can you even **remember** the last time you had a chance to relax?

Or, leave the situation as it is and:

- put up with YEARS of sleep deprivation and bad nights (which **never** improve)
- have a difficult and demanding child during the day
- never know what is happening one minute to the next
- have a child with limited mental and physical development due to sleep problems
- never have time for your spouse or other family and friends
- be permanently exhausted

You can start changing your life minutes from now.

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