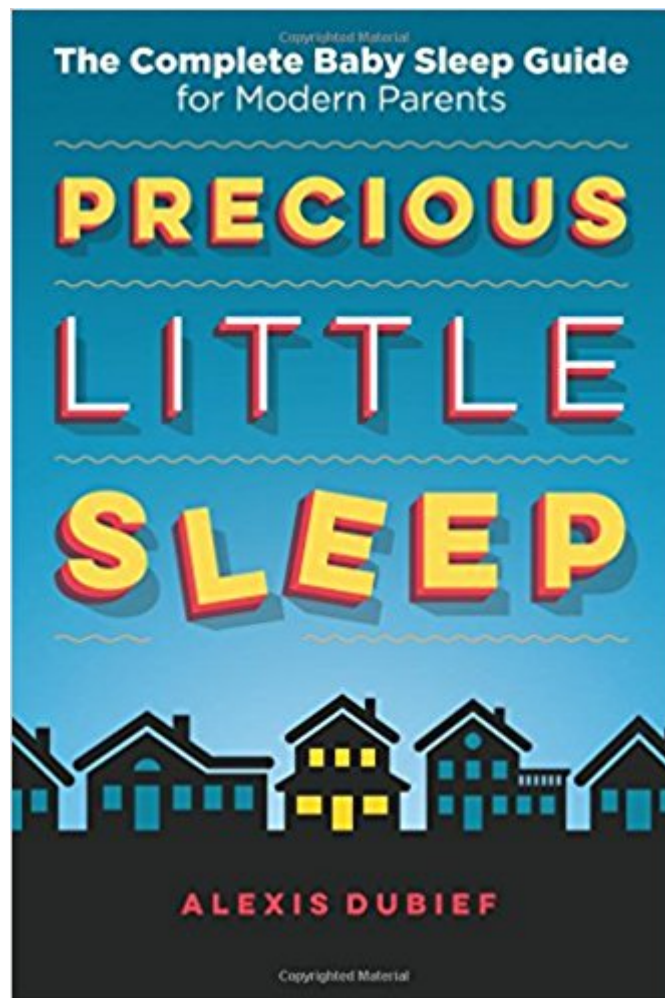




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# Precious Little Sleep: The Complete Baby Sleep Guide For Modern Parents



## Synopsis

The Expert, Hilarious, and Tactically Comprehensive Baby Sleep Book! Parenting a baby or toddler is the grandest adventure of all when you're not miserably exhausted. Sleep expert Alexis Dubief, of the wildly popular website Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep. This book will help you tackle the thorniest sleep snags, including:

- Navigating the tricky newborn phase like a pro
- Getting your child to truly sleep through the night
- Weaning off the all night buffet
- Mastering the precarious tango that is healthy napping
- Solving toddler and preschooler sleep struggles

If you're looking for practical solutions to improve your child's sleep in a book that won't put you to sleep, this is for you!

## Book Information

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## Customer Reviews

Dubief's book is as no-nonsense yet funny and compassionate as the blog that led to it. It's the most thorough book on baby sleep out there that relies heavily on the evidence, doesn't force advice on parents or patronize them, and, above all, doesn't pile on the guilt. Dubief speaks with an authority borne of experience and relying heavily on the most current scientific research -- without the bias of cherry-picking studies found in so many other baby sleep books. With super-short, digestible sections and lists galore, the book is specially formatted for the reduced cognitive abilities of the most sleep-deprived zombie-parents. And since almost no new parent can read a book cover-to-cover, a quick guide even suggests what to read first based on the

reader's situation. Dubief's anecdotes reassure parents that they're not alone but that hope exists for a (quasi-)normal life again. Her upbeat, understanding tone never speaks over parents' heads or down to them. In short, she gets it. And for that, every reader will be grateful. -- Tara Haelle, coauthor of *The Informed Parent: A Science-Based Resource for Your Child's First Four Years*

In the pages of this book, Alexis Dubief becomes the friend that we all wish we had to guide us through the mysterious world of infant sleep. Her advice is grounded in science and bolstered by her experience working with many families, but it's also practical and empathetic, and best of all, FUNNY. She's created an indispensable guide that is a pleasure to read, even or especially for sleep-deprived parents. --Alice Callahan, PhD, author of *The Science of Mom*

This is a book I will recommend to every parent I work with. *Precious Little Sleep* captures Alexis's common sense approach to sleep, along with her delicious sense of humor, compassion and straight talk to help any parent who is looking to begin their parenting journey with a plan for supporting their child's healthy sleeping habits and for parents already in the soup when it comes to baby and sleep. It is a book long overdue and is sure to bring comfort, to parents longing for answers and solutions concerning kids and sleep. --Vicki Hoefle, author of *Duct Tape Parenting*

If you have a baby, you need to laugh and you need to sleep. Maybe in that order. *Precious Little Sleep* gives you seriously large doses of both. Alexis Dubief's hilarious, no-nonsense approach to baby sleep pretty much saved my life. --Tracy Cutchlow, author of *Zero to Five: 70 Essential Parenting Tips Based on Science*

Alexis Dubief gave birth to her first child in 2006 and quickly realized that sleep—or a lack thereof—was suddenly the bane of her existence. Yet no book, website, or community seemed to have ready answers. Figuring that “this shouldn’t be so hard,” she spent the next five years researching and analyzing infant and child sleep. Combining scientific evidence with insights gleaned from working with thousands of families, she founded the *Precious Little Sleep* blog/podcast in 2011. In just a few short years, this passion project meant to demystify baby sleep blossomed into a popular online destination for sleep-starved parents from all over the world, garnering millions of hits annually and inspiring a loyal following. Dubief holds a Master of Finance and an MBA from the University of Colorado. A trail runner and Spartan racer, she writes and rabble rouses near Burlington, VT, with her husband and their two boys who are growing up faster than she would like.

Alexis, the author, absolutely saved my life and my sanity with her blog. I passed out in the shower

from sleep deprivation when my baby was 8 weeks old. He would only sleep 40 minutes at a time and only with me as a human pacifier. If he wasn't nursing he was crying, 24 hours a day. I thought I was going to end up in the hospital or the asylum. I finally found her blog when he was about 4 months old and I finally understood the problem. No other author is anywhere close with understanding why your baby won't sleep. I've read about 5 other baby sleep books, nothing else is half as good as PLS (I read the whole thing over the past two days) plus it's very funny to read. Buy this one first.

This is the only baby sleep book worth reading. I have the ebook on my phone, have read the whole thing once and several sections multiple times. Unlike other books and sites, Alexis Dubief truly understands how babies sleep and don't sleep. Her writing is thoroughly informative, clear, and entertaining.

If you value your sleep, and you believe a well-rested child makes for jollier parenting, READ THIS BOOK! As a new mom, I found myself wanting to obsess over every detail of my daughter's new life - is she eating enough? are her poops the right color? is this too much crying or not enough? is she getting enough sleep for her to brain to develop properly? - and on and on. Finally, I realized part of my obsessing was due to a lack of sleep - typical during the newborn phase. I wanted to make sure my whole family was able to get enough restorative nighttime rest to be fully functional during the waking hours - enter Alexis Dubief. Alexis Dubief's writing makes you feel like your funny friend, who happens to be a baby sleep wizard, is having coffee with you and teaching you all the secrets to helping baby sleep. And when you're worried about whether you're doing the right thing, she's got piles and piles of research to explain the WHY of baby sleep, to help you feel confident you're making the best choice for your entire family's future. Now, my 3 year old is a dream sleeper. We've traveled all over the world, different sleeping situations, different time-zones, and she has always gone right to sleep - thanks to Precious Little Sleep and the habits we began when she was a baby. My mother-in-law once commented, "I've never seen a kid who ENJOYS going to bed at bedtime, except this one!" So buy this book, then buy a few extra to give as new-mom gifts.

This is a very comprehensive, funny, easy-to-read and understand, and realistic book about baby sleep. Alexis Dubief breaks the book down into key areas that parents often ask questions about how to navigate, such as where baby should sleep, what to do about night feedings, how to get your toddler to stay in bed, and more. I found the information she had researched from peer-reviewed

journals and gleaned from her experiences working first-hand with parents to be incredibly helpful in restoring some order into the chaos that was new-parenthood for me. What I found set this book apart from other baby sleep books I'd read was just how comprehensive, yet easy to understand, it is. This isn't a book that just shares about one "method." Instead, she breaks down how numerous "methods" work and what the benefits and the limitations are of each. Most importantly, she also explains the science of sleep and the link to child development in a language that is easy to understand being a tired first-time mom. This, for me, is what kept me coming back to her writing (that, and her sense of humor!).

Alexis is a god-send. I met her when my daughter was small and sleeping horribly, and through implementing her words of wisdom, my daughter is now a toddler who loves going to sleep. This book is *\*fantastic\**. Truly. If you've ever wanted a book that is equal parts funny, relate-able, and easy to digest when you're running on 2 hours of sleep, this is that book. It's evidence-based, but grounded in real-life experience. No condescension, no mommy guilt. Just advice and encouragement. The only baby sleep book you'll ever need!

For the first 5 months of my sons life I was slowly withering away, literally. After a somewhat traumatic c-section, a blood transfusion, thrush, poor latch, trying to control his dairy allergy by an elimination diet, and waking up every 90 minutes my postpartum depression and anxiety was becoming overwhelming. And amid all that my back was in crippling pain. I kept putting up with it, telling myself it was normal, telling myself I should be nursing around the clock, that waking up all night long was something I should just get used to, till finally my husband convinced me to go to the doctor. She ordered tests and an MRI. That scan revealed 3 compression fractures on my spine and 3 cracked ribs. The tech thought I had been in a car accident but I hadn't! So a bone density test revealed I had rare pregnancy and lactation induction osteoporosis in my spine and pre osteoporosis in my hips. My bones had broken with daily activity because they were so weak. I needed to heal. I needed to sleep. My friend (luckily) had already had high praise for the blog Troublesome Tots so I found myself at the Precious Little Sleep website. I devoured it! Alexis's voice was a life raft! I finally felt like I could get the rest I needed, not have to feel like I was a bad mom and teach my son a lifelong valuable skill. Sleep Training wasn't easy but when it started to work my confidence as a mother bloomed. I had done something right! The ppd voice inside my head that was telling me I couldn't swing this whole motherhood thing drifted away. And we all slept! My son thrived! I started getting better and proudly went on to preach that I had used SLIP and it was

the best parenting decision I've ever made. So thank you Precious Little Sleep family. You saved this mom! This book is so comprehensive and offers so many tips and tricks and methods for getting your baby to sleep. It's real life advice and goes over literally every question I've ever had about how to get a baby to sleep. Alexis knows what she's talking about and this book is so easy to read and implement!

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