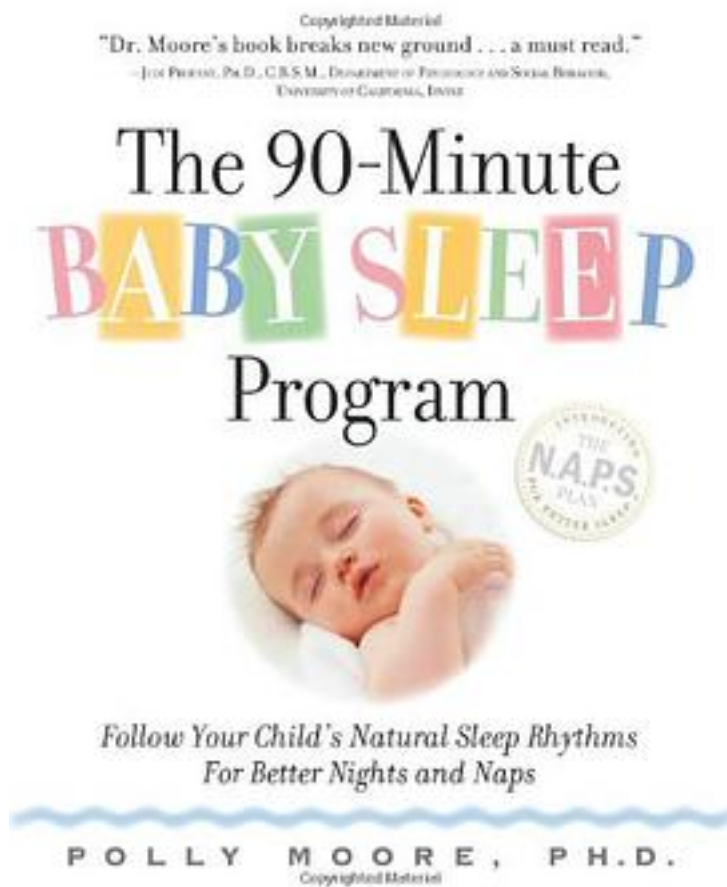


# The 90-minute Baby Sleep Program



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著者:Moore, Polly

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A sleep researcher with a Ph. D. in neuroscience, Dr. Polly Moore has created a simple, foolproof method based on the basic human rest and activity cycle (BRAC), which occurs every hour and a half. According to the BRAC, baby should go back for a nap a mere 90 minutes after waking up - that's right: 90 minutes. The program is called

N.A.P.S. - Note time when baby wakes up, Add 90 minutes, Play, feed, or pursue other activities, then, at the end of the 90 minutes, Soothe baby back to sleep. When baby wakes up again, whether after a short or a long nap, start the cycle over. Although it sounds counterintuitive, frequent napping actually helps baby sleep through the night. In a reassuring and accessible style, Dr. Moore explains how and why the program works; the benefits of napping - a happier, healthier baby with a head start on cognitive development and emotional intelligence; how to implement it for babies at various ages, from two weeks to a year; and, how to use it to solve common sleep problems, such as a baby's need to be held, baby waking up too early in the morning, baby getting a second wind before bedtime, baby confusing day and night, and more. The spiral bound book includes a guided journal for recording baby's sleepy signals and sleep difficulties, a daily log for keeping track of baby's nap times, and space to note baby's milestones - all peppered with humorous, inspirational quotes.

作者介绍:

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