



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

By Polly Moore Ph.D.

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For every parent who struggles with their baby's sleep (and for every parent who wishes their toddler had better sleep habits), finally a straightforward, all-natural solution to help baby get the sleep she needs—both through the night and during the day.

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. And, 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 headstart 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 programs, 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 Wire-O-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.



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Editorial Review

Review

“The most novel, natural, and easy approach.” –Mairav Cohen-Zion, Ph.D., Laboratory for Sleep and Behavioral Neuroscience, University of California, San Diego

“Finally, a how-to book on baby sleep from a scientist and a mother. Polly Moore understands the intricacies of infant sleep and is empathetic to the roller-coaster of parenthood.” –Sarah C. Mednick, Ph.D., author of *Take a Nap! Change Your Life*

From the Back Cover

Introducing a kinder, gentler, all-natural method to help your baby get the sleep he needs. Developed by Dr. Polly Moore, *The 90-Minute Baby Sleep Program* and its breakthrough N.A.P.S. plan work in conjunction with your baby's basic rest and activity cycle. The method is simple, foolproof, and yields long-lasting results: truly restful daytime naps and consistent nighttime sleep.

About the Author

Polly Moore received her Ph.D. in neuroscience from UCLA, where she specialized in sleep research. She continued her research at the Scripps Clinic Sleep Center, and is now Director of Sleep Research at California Clinical Trials in San Diego. She is a hands-on expert in the subject of baby sleep with two small children of her own and gives talks to new parents on the subject. She and her family live in San Diego, California.

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