



Baby Sleep Science Guide: The Four Month Regression (Baby Sleep Science Guides Book 1)

Meg Casano BSN MA Erin Evans PhD MPH, Erin Evans PhD MPH

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Brought to you by the nationally recognized team from Baby Sleep Science, a one of a kind guide to help solve the Fourth Month Sleep Regression.

New parents expect a degree of sleep disruption with the arrival of a baby. But when that disruption persists and even worsens beyond the third to fourth month it can bring incredible exhaustion and frustration.

Designed to be short and succinct and to provide just the right amount of advice, at just the right time, the Baby Sleep Science Guide to the Four Month Regression explains the cause of this common sleep disruptor and provides actionable advice for what to expect and how to solve it.

This guide comprehensively addresses the science of infant sleep development, newborn schedules, nighttime feeding expectations and how to reduce extra night feedings, as well as providing several sleep training techniques that will appeal to a variety of parenting styles and choices.

This is a must have guide for all parents, pediatricians, and newborn caregivers.

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