

# TABLE OF CONTENTS:

<b>INTRODUCTION TO SLEEP TEACHING/TRAINING AND ABOUT THE AUTHOR</b>	Page 5
<b>CHAPTER 1: SLEEP SCIENCE</b>	Page 9
-Statistics; understanding sleep cycles; the science behind sleep regressions	
<b>CHAPTER 2: THINGS THAT AFFECT SLEEP</b>	Page 18
-Understanding what affects sleep (ie diet, exercise, thoughts, medications)	
<b>CHAPTER 3: “CRY IT OUT” AND STRESS</b>	Page 28
-Understanding CIO, 3 types of stresses, and how they affect sleep training	
<b>CHAPTER 4: REFLUX VS SPIT UP</b>	Page 32
-Understanding the difference between the two; determine which your child has and how you can lessen or prevent it	
<b>CHAPTER 5: YOUR CHILD’S TEMPERAMENT &amp; YOUR PARENTING STYLE</b>	Page 39
-Understanding your child’s temperament, determining your parenting style, and realizing how it all affects sleep training	
<b>CHAPTER 6: SLEEP PROPS</b>	Page 50
-Understanding the difference between good/bad sleep props	
<b>CHAPTER 7: DAYTIME SCHEDULE</b>	Page 56
-Review of schedules for every age group; instinctive stages for newborns; behavioral cues; importance of awake times for napping	
<b>CHAPTER 8: BENEFITS OF MASSAGE FOR YOUR CHILD</b>	Page 62
-History of massage; understanding the effects of it on children of all ages	

<b>CHAPTER 9: IMPORTANCE OF A GOOD BEDTIME ROUTINE</b>	Page 66
-Understanding why bedtime routines are important; sample routines	
<b>CHAPTER 10: CREATING AN IDEAL BEDROOM ENVIRONMENT</b>	Page 68
-Detailed bedroom environment checklist	
<b>CHAPTER 11: SLEEP TRAINING METHODS</b>	Page 74
-Review of 5 methods: no-cry solutions, pick up/put down, chair, controlled, extinction; pros/cons, best ages, temperaments, parenting styles; naps	
<b>CHAPTER 12: NIGHT WEANING AND DREAMFEEDING</b>	Page 86
-When to night wean; how to avoid engorgement and milk supply issues; pros/cons of dreamfeeding	
<b>CHAPTER 13: COMPROMISING WITH TODDLERS &amp; BIG KIDS</b>	Page 95
-How to end bedtime battles; compromising	
<b>CHAPTER 14: WHERE TO GET STARTED FIRST; SUMMARY</b>	Page 99
<b>CHAPTER 15: DISCLAIMER AND AGREEMENT</b>	Page 103