

The Sleep Sense Program: Proven Strategies for Teaching Your Child to Sleep



The Sleep Sense Program -- Proven Strategies For Teaching Your Child To Sleep Through The Night

by Dana Obleman

★★★★☆ 4.1 out of 5

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Sleep is essential for a child's physical, emotional, and cognitive development. However, many children struggle with sleep problems, such as difficulty falling asleep, waking up frequently during the night, and waking up too early in the morning. These sleep problems can lead to a variety of problems, including irritability, daytime sleepiness, and difficulty concentrating.

The Sleep Sense Program is a comprehensive guide to teaching your child to sleep soundly. Developed by Dana Obleman, a pediatric sleep consultant, the program offers a gentle, effective approach to sleep training. The program is based on the principles of:

- **Consistency:** Children need to have a regular sleep schedule, even on weekends and holidays.
- **Gradual changes:** Do not make drastic changes to your child's sleep routine all at once. Start by making small changes and gradually increase the length of time your child is expected to sleep.
- **Positive reinforcement:** Praise and reward your child for good sleep habits.

The Sleep Sense Program includes a variety of strategies for teaching your child to sleep, such as:

- **Establishing a regular sleep schedule:** Create a specific time for your child to go to bed and wake up each day.
- **Creating a relaxing bedtime routine:** Wind down your child before bed by reading stories, singing songs, or giving a massage.
- **Making sure your child's bedroom is dark, quiet, and cool:** These conditions are ideal for sleep.
- **Avoiding giving your child caffeine or sugar before bed:** These substances can interfere with sleep.
- **Using a sleep trainer:** A sleep trainer can help your child learn to self-soothe and fall asleep on their own.

The Sleep Sense Program has been proven to be effective in helping children sleep better. In a study published in the journal *Pediatrics*, researchers found that the program helped children fall asleep faster, wake

up less frequently during the night, and sleep for longer periods of time. The program also improved daytime behavior and reduced parental stress.

If you are struggling with your child's sleep, the Sleep Sense Program is a safe and effective option to consider. The program offers a comprehensive approach to sleep training that is based on the latest research. With patience and consistency, you can help your child learn to sleep soundly and get the rest they need to thrive.

Benefits of the Sleep Sense Program

The Sleep Sense Program offers a number of benefits for both children and parents, including:

- **Improved sleep:** Children who participate in the Sleep Sense Program learn to fall asleep faster, wake up less frequently during the night, and sleep for longer periods of time.
- **Reduced daytime sleepiness:** Children who sleep better at night are less likely to be sleepy during the day, which can improve their mood, behavior, and school performance.
- **Improved mood and behavior:** Children who are well-rested are less likely to be irritable, hyperactive, or aggressive.
- **Reduced parental stress:** Parents who are struggling with their child's sleep often experience a great deal of stress. The Sleep Sense Program can help reduce parental stress by providing parents with the tools and strategies they need to help their child sleep better.

If you are interested in learning more about the Sleep Sense Program, you can visit the program's website at www.sleepsense.net.

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