

## **Books on Sleep Problems**

- **Solve Your Child's Sleep Problems** by Richard Ferber, MD
- **Healthy Sleep Habits, Happy Child** by Marc Weissbluth
- **The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night** by Elizabeth Pantley and William Sears
- **The Sleepy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep from Birth to Age 5** by Jennifer Waldburger and Jill Spivack