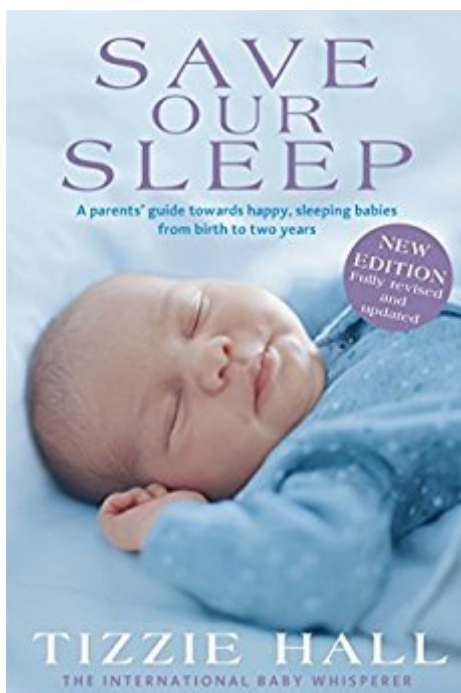


The book was found

# Save Our Sleep: Revised Edition



## Synopsis

The bestselling parents' guide towards happy, sleeping babies from birth to two years, from the international baby whisperer Tizzie Hall FULLY REVISED AND UPDATED Tizzie Hall has gained an international reputation as a baby whisperer and miracle worker. Even from an early age, Tizzie knew how to read babies' body language and cries, and from that auspicious beginning she has developed a series of sleep routines that have provided parents and babies with a good night's sleep the world over. Save Our Sleep is the book that parents asked Tizzie to write, and with over 40,000 copies sold in the past three years it has rapidly become the only book parents need to cure their own sleep deprivation! New material includes new routines, integrated feedback on routines, dummy use, express feeding, dealing with premature babies and twins, more information on teaching your baby to self-settle and brand new case studies and tips. Visit Tizzie's website at [www.saveoursleep.com](http://www.saveoursleep.com)

## Book Information

File Size: 1961 KB

Print Length: 322 pages

Publisher: Macmillan Australia (July 1, 2009)

Publication Date: July 1, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B0054HUT3C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #153,771 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #119

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #415

in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #8413

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting

## Customer Reviews

I found this very helpful from 4 months-1 year. I used to have no idea why my baby was crying and

this gave me a guide to follow that my daughter responded really well too. I never let her cry it out like some doctors recommend. She responded like clock work to the routines. From 6 weeks to 4 months I used it more as a guide and not strictly. Happy baby happy mama.

I am a mother of 5 and grandmother of almost 4 and read this book in support of one of my daughters who was given this book. I was horrified! Nowhere could I find a reference to the author having had children herself which explains quite a lot. It is merely list after list of scheduled feeds and sleeps diverting from this on a few occasions to advertise her own products that are apparently the only products that will keep a baby safe. I just cannot believe that anyone would put their baby through these military like regimes.

We use this more for the information sections and just use the routines as a guide. The information in this and the techniques described are clearly explained, easy to follow and offer a new parent a lot of education, helpful tips, encouragement and have made a huge difference to our family! It is also great for grandparents - to reinforce their suggestions and refresh their skill set

I felt like this book was too strict. Didn't work for me because I wanted a lot more baby snuggles, and I tried the schedule for awhile but my baby just wasn't interested in eating that often.

This woman advises mothers to go against all instincts. She also advises parents to do things that are actually considered dangerous e.g using stacks of blankets in the cot. She also never admits when she is wrong. She's a dangerous idiot. She claims to be an expert but nothing to back it up. She never even used her advised techniques with her own children. Avoid like the plague. I wouldn't even give it 1 star but won't let me give zero.

Started the schedules at 2 weeks and my baby started sleeping through the night at about 3 months- amazing! I love being able to know when she will be sleeping or eating. I used this book while breastfeeding, until 8 months, and now that we are formula fed. AMAZING results- highly recommend!

I received my book on time and it was in perfect condition. I've been reading reading it, but not yet finished. As of now it's full of interesting information. I'm glad I bought it. (A friend told me this book worked great on both of her kids)

It is a good book for all parents because it contains tips on sleep cycles and how to put your baby to sleep. There is a routine suggested by the author that may work for stay home mothers and for those parents who do well with a strict schedule. I believe if I could be able to follow her schedule my baby would probably sleep longer and better but since I work I had to create my own routine based on the information she gives on the book.

[Download to continue reading...](#)

Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Save Our Sleep: Revised Edition Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Essential Resource Guide for Caregivers: Save TIME, Save MONEY, Save Your SANITY! (Second Edition 2017) Solve Your Child's Sleep Problems: Revised Edition: New, Revised, and Expanded Edition Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program for a Good Night's Sleep Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep, 3rd Edition Good Night, Sleep Tight Workbook: The Sleep Lady's Gentle Step-by-step Guide for Tired Parents Emotional Healing, Heal the Pain from Your Past: Sleep

# Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)