

the
sleep sense™
program



by Dana
Obleman

Proven Strategies for
Teaching Your Child to
Sleep Through the Night

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Dana Obleman



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Sleep Sense Katharina Lederle, 2018-06-01 *No-Sweat Potty Training* Dana Obleman, 2025-02-20 Sound Sleep
Sense Amber Lloyd, Relaxation for Living (Organisation), 1981 **Getting the Z's You Want** James Alexander, James
Alexander, Ph.D., 2017-03-10 This Sleep sense program takes the reader through essential information for anyone wanting to
improve their experience of sleep With sleep being viewed as the new sex a great deal of misinformation has been promoted
in recent years while at the same time science informed information has been largely neglected With increasing pressure
around the whole issue sleep anxiety has become a major contributor to problems what should ideally be a pleasurable
letting go at bed time has for many people become a nightly battle with fears anxieties and pressure to perform in regards to
sleep Accurate information about the nature of sleep and how we can work with these realities instead of against them goes a
long way to alleviating self imposed sleep anxiety In addition specific exercises and resources are offered in this book to
reduce sleep anxiety and to make sleep more likely to happen For example Emotional Freedom Techniques EFT tapping
applied to sleep problems is discussed as well as science based tips on substances to try and those to avoid A range of issues
that can interfere with sleep are presented as well as advice on how to deal with these

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