



# My Child Won't Sleep: A Quick Guide for the Sleep-Deprived Parent

*Sujay Kansagra*

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## **My Child Won't Sleep: A Quick Guide for the Sleep-Deprived Parent** Sujay Kansagra

Does your infant, child, or adolescent have difficulty sleeping at night? In the time it takes for your child to nap, Dr. Kansagra will help you identify the problem and find a solution. But instead of just offering one solution to the common sleep problems, this book offers a variety of scientifically-proven techniques that are safe and effective. After all, parents know best when it comes to their child. Why not give you all of the solutions and let you decide which fits your family best? Step-by-step instructions help guide you through each sleep solution. Why spend hours reading all the other sleep books?

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