



# Teach Yourself Baby Sleep (Teach Yourself: General Reference)

*Andrea Grace*

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**Help your baby sleep easier and get the rest you need, too**

Colic, sleep apnea, and night terrors are just a few of the problems babies face during the sleep hours. *Teach Yourself Baby Sleep* provides you with practical tips and case studies to help you empower yourself and conquer these seemingly insurmountable issues.

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