



# **The 90-Minute Baby Sleep Program: Follow Your Child's Natural Sleep Rhythms for Better Nights and Naps**

*Polly Moore Ph.D.*

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For every parent who struggles with their baby's sleep (and for every parent who wishes their toddler had better sleep habits), finally a straightforward, all-natural solution to help baby get the sleep she needs—both through the night and during the day.

A sleep researcher with a Ph.D. in neuroscience, Dr. Polly Moore has created a simple, foolproof method based on the basic human rest and activity cycle (BRAC), which occurs every hour and a half. According to the BRAC, baby should go back for a nap a mere 90 minutes after waking up—that's right: 90 minutes.

The program is called N.A.P.S.—Note time when baby wakes up, Add 90 minutes, Play, feed, or pursue other activities, then, at the end of the 90 minutes, Soothe baby back to sleep. When baby wakes up again, whether after a short or a long nap, start the cycle over. And, although it sounds counterintuitive, frequent napping actually helps baby sleep through the night.

In a reassuring and accessible style, Dr. Moore explains how and why the program works; the benefits of napping—a happier, healthier baby with a headstart on cognitive development and emotional intelligence; how to implement it for babies at various ages, from two weeks to a year; and how to use it to solve common sleep programs, such as a baby's need to be held, baby waking up too early in the morning, baby getting a second wind before bedtime, baby confusing day and night, and more. The Wire-O-bound book includes a guided journal for recording baby's sleepy signals and sleep difficulties, a daily log for keeping track of baby's nap times, and space to note baby's milestones—all peppered with humorous, inspirational quotes.

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