

# The Baby Sleeps Tonight

YOUR INFANT SLEEPING  
THROUGH THE NIGHT BY  
9 WEEKS (YES, REALLY!)



PLUS  
HOW TO SOLVE  
SLEEP  
PROBLEMS UP  
THROUGH  
PRESCHOOL

Shari Mezrah

## Night, Night, Baby

Shari Mezrah, a sleep schedule specialist, has combined the knowledge and systems she has developed for her clients and incorporated them into a book, *The Baby Sleeps Tonight*. She developed her plan as a mother who needed to get her baby to sleep through the night. Her schedules for feeding, naps and wake times will empower individuals on their journey of parenthood. This must-read book for parents is published by Sourcebooks and will be available on Amazon, or at bookstores, beginning April 1st.