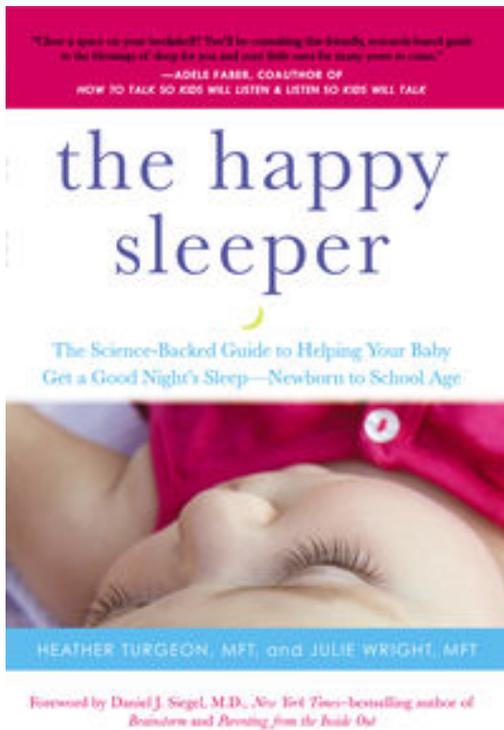


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- Fall asleep independently
- Sleep through the night
- Take healthy naps
- Grow into natural, optimal sleep patterns for day and night

The Happy Sleeper is a research-based guide to helping children do what comes naturally—sleep through the night.

The Happy Sleeper features a foreword by neuropsychiatrist and popular parenting expert **Dr. Daniel Siegel**, author of *Parenting from the Inside Out* and the *New York Times* bestseller *Brainstorm*.

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