



Healthy Sleep Habits, Happy Child

Author: Dr. Marc Weissbluth, M.D.

Target Age of Children: one month to twelve years

Total Pages: 457 (503 with References and Index)

Stance on “Cry it Out” (CIO): Weissbluth favors CIO for all kids over 4 months, but not 1-4 months old. References letting the child cry quite often throughout the book. On page 305, he sites that “There is no evidence that protest crying while your child is learning to sleep better will cause any kind of emotional problems later in life.”

Key Takeaways/Pros:

- As one of the first pediatric sleep researchers, this book is an essential part of the conversation
- Great information about brain science around sleep and regulation systems (pages 14-32)
- He was one of the first to publish average/normal bedtimes, wake times, nap lengths and overall 24-hour period sleep needs
- He does not recommend any sleep training under 3 or 4 months of age.
- Recommends babies 4 months and older sleep in their cribs for nap and bedtime for longest duration of sleep.

Cons:

- Way too long for the average, sleep-deprived parent to digest
- His bias on sleep comes from working with mainly clinically disordered sleepers
- Overwhelming and contradictory advice throughout
- Patriarchal bias, assumes “the mother” is not working or “has to” or “shouldn’t be” working and that the father is uninvolved or not charged with the soothing processes

Easy Plan? Step-by-step? Not step-by-step. Too long. Overwhelming.

Recommended Audience: Pediatricians as part of their training.
Sleep specialists as part of their training.

