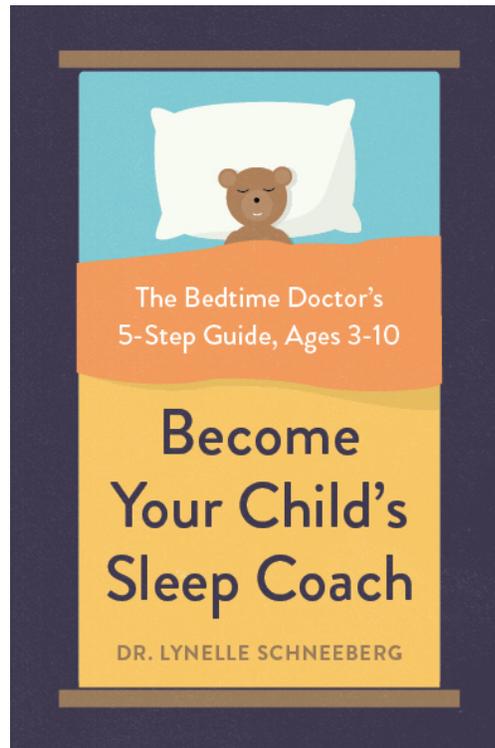


PROVEN BEDTIME SOLUTIONS FOR PARENTS OF PRESCHOOL AND ELEMENTARY-AGED CHILDREN — FROM A YALE DOCTOR



Bedtime struggles are so common that almost seventy percent of parents report that their children have sleep problems at least a few nights a week, according to the National Sleep Foundation. Enter **Dr. Lynelle Schneeberg**, a behavioral sleep psychologist, an assistant professor at the Yale School of Medicine and the Director of the Behavioral Sleep Program at Connecticut Children's Medical Center. Better known as the Bedtime Doctor, she has helped countless families solve their children's sleep problems. Now Dr. Schneeberg is sharing her decades of experience in ***BECOME YOUR CHILD'S SLEEP COACH*** (Da Capo Lifelong; On sale 9/3/19; trade paperback \$16.99), every parent's guide to better sleep for their children and the whole family.

While there are plenty of resources available to establish healthy sleeping patterns for infants and babies, there's very little guidance available for school-age children. *BECOME YOUR CHILD'S SLEEP COACH* tackles the kinds of sleep issues that preschoolers and elementary school kids have with much-needed, straightforward advice. Dr. Schneeberg addresses the two biggest mistakes that parents make with their school age-children (staying with them until they fall asleep and allowing too many “callbacks and curtain calls” after lights out) and then teaches parents how to help their children become great sleepers with her five-step guide:

- Step 1: Prepare children’s bedrooms for great sleep
- Step 2: Use the proven 5B Bedtime Routine every night
- Step 3: Teach children to self-comfort as parents work their way out of the room
- Step 4: Limit “callbacks and curtain calls” after the bedtime routine is over
- Step 5: Manage night wakings and early morning wakings

The book also includes worksheets parents can use for each of these steps, a printable chart with Dr. Schneeberg’s proven 5B Bedtime Routine, and advice on how to use Bedtime Tickets to manage those extra “callbacks and curtain calls” after lights out. Dr. Schneeberg helps parents teach their children to fall asleep independently at bedtime and stay in their own beds all night long.

Dr. Lynelle Schneeberg, known as the Bedtime Doctor, is a behavioral sleep psychologist who has helped thousands of families solve their children's sleep problems. She is an assistant professor at the Yale School of Medicine and the Director of the Behavioral Sleep Program at Connecticut Children's Medical Center.

To schedule an interview with **Dr. Lynelle Schneeberg**, or for more information on ***BECOME YOUR CHILD’S SLEEP COACH***, please contact Anna Hall at Anna.Hall@hbgusa.com or 212-364-1199.