

Dear Tim,

Your recent "like" of my tweet has emboldened me to reply to you and ask if you'd ever consider doing another podcast episode on sleep. Here's why I'm asking. I'm a sleep psychologist (yes, that's a thing) at both Yale and Connecticut Children's Medical Center. I'm sure you know that many parents of young child complain that their children are terrible sleepers and that bedtime is a frustrating experience. I absolutely love my work because I know exactly how to help parents fix these issues.

But there is just one thing that I wish all parents knew: they are (inadvertently and with all of the best intentions) CAUSING their children to be poor sleepers.

Why? Remember the psychology class that you surely took at Princeton? Remember Pavlov and classical conditioning? Parents often provide too much assistance at bedtime to get their children to sleep (rocking, feeding, lying down with their child, giving back rubs and so on) and this results in their children needing this assistance again and again at night to get back to sleep.

The solution is to teach children to self-soothe to sleep and it's not that hard to do, once you understand this principle and have a simple, gentle plan to follow. (And I don't mean a "cry-it-out" plan, if you know that term).

I wrote a book to explain this principle and to teach parents how to coach their kids to be great sleepers. I worked on the manuscript for years, combining both the research and my training and experience and I did not stop until I had convinced one of the top five houses in New York (Hachette/Da Capo) to publish it.

I'm thrilled to say that it launched in September. However, my social media platform is tiny and yours is huge. It is honestly burning a hole in me to know that almost all parents struggle with this issue but do not have to. When a child sleeps well, the whole family thrives!

I'm wondering if you would consider doing an episode in the new year called something like "How to Get the Best Sleep of Your Life." You could, for example, compile the advice provided by all the great experts you've already interviewed, add all of the knowledge you've gathered yourself about improving sleep and -- you could also talk about this particular concept.

What do you think, Tim? Want to help get the word out? Exhausted parents would download this episode **all the live long day** (I'm a Connecticut girl now, but a Texas native and so tend to use that expression). And, in closing, may I say that you chose the very best city in all of Texas as your home!

I'd love to talk more about this if you would. I wish you all the best --and great sleep!
Lynelle

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