



# West Cambridge Pediatric & Adolescent Medicine

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Sleep Training: Books Aislyn Recommends

Recommended Books:

My #1 favorite, and the basis for most advice I give on sleep. Unbiased, easy to digest, witty, honest summary of Ferber's work:

*Precious Little Sleep (2017) - Alexis Dubief*

The original and best, tried and true. My most informative source, but the read is quite dry/detailed, lost on most parents:

*Solve Your Child's Sleep Problems (1985, 2006) - Richard Ferber, MD (Boston Children's Hospital Sleep Center)*

Provides the best advice beyond infancy. Essentially Ferber's book for a new generation of parents, done well:

*It's Never Too Late to Sleep Train (2019) - Craig Canapari, MD (Yale-New Haven Pediatric Sleep Center)*

For parents that need a "softer", yet slower approach, or perhaps need to be put to sleep themselves by reading it:

*Sleeping Through the Night (2009) - Jodi Mindell, Ph.D*

Recommended with reservation:

Rapid extinction method (cry it out) - it definitely works and I teach it, but can be hard to commit to it:

*Healthy Sleep Habits, Happy Child (1987, 4th ed 2015) - Marc Weissbluth, MD (Lurie Children's Hospital Sleep Center - Chicago)*