



Save Our Sleep: Revised Edition

Tizzie Hall

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The bestselling parents' guide towards happy, sleeping babies from birth to two years, from the international baby whisperer Tizzie Hall

FULLY REVISED AND UPDATED

Tizzie Hall has gained an international reputation as a baby whisperer and miracle worker. Even from an early age, Tizzie knew how to read babies' body language and cries, and from that auspicious beginning she has developed a series of sleep routines that have provided parents and babies with a good night's sleep the world over.

Save Our Sleep is the book that parents asked Tizzie to write, and with over 40,000 copies sold in the past three years it has rapidly become the only book parents need to cure their own sleep deprivation! New material includes new routines, integrated feedback on routines, dummy use, express feeding, dealing with premature babies and twins, more information on teaching your baby to self-settle and brand new case studies and tips.

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