

THE SLEEP LADY BOOK

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Baby Sleep Coaching by the Sleep Lady

My sleep method, The Sleep Lady Shuffle is gentle, accessible, and can be catered to your family and your child. Good sleep habits and gentle sleep coaching build a positive parent-child attachment and encourage a strong bond.

[The Sleep Lady's Good Night, Sleep Tight: Gentle Proven ...](#)

Known as The Sleep Lady by her clients, she has helped thousands of tired parents all over the world over the past twelve years to learn to listen to their intuition, recognize their child's important cues and behaviors, and gently create changes that promote and preserve his or her healthy sleep habits.

[The Sleep Lady - Home | Facebook](#)

The Sleep Lady, 119K likes. Kim West is THE leading baby & child sleep expert, with a gentle, proven method. No more cry-it-out! Find out more: Kim West is THE leading baby & child sleep expert, with a gentle, proven method.

[Good Night, Sleep Tight: The Sleep Lady's Gentle Guide to ...](#)

Good Night, Sleep Tight outlines Kim's proven two-week technique in easy-to-follow language, featuring case studies that give readers real-life examples of the sleep roadblocks chil Her amazing success with getting kids to sleep has led her clients to dub her The Sleep Lady.

[Blog - Baby Sleep Coaching by the Sleep Lady](#)

Hi, Kim West, The Sleep Lady and today, I'm going to answer this mom's question about her toddler who still wakes up at night for a bottle: My daughter is 15 months old and was born premature at 31 weeks. (So, I'm going to consider her about 13 months.) We've had some problems getting her to sleep at night since she was born.

[The Sleep Lady's Good Night Sleep Tight:Gentle Proven ...](#)

The sleep lady shuffle is the most kind and loving way to help your baby learn how to sleep without needing their "crutch". We're still working on the night weaning, and have had some bumps with teething, but our son is in his crib and we all sleep much better than when we're all squished in bed together. Read this book!!!

[Must-Know Advice from the Sleep Lady - Parents](#)

Kim West, author of Good Night, Sleep Tight: The Sleep Lady's Gentle Guide to Helping Your Baby Go to Sleep and The Good Night, Sleep Tight Workbook, has the answers. 1 of 12 Pinterest

[The Good Night, Sleep Tight Workbook -](#)

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[About Linda - The Sleep Lady](#)

The Sleep Lady After more than 35 years working with the NHS and in education, I began to work independently with families here in Edinburgh in 2003. The success of the methods I use has now spread to the four corners of the world.