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Sleeping Through the Night - Pathways to Family Wellness -

Sat, 16 Jun 2018 03:56:00 GMT - HELPING YOUR BABY SLEEP THROUGH THE NIGHT1 by Barton D. Schmitt, M.D. Approximately 10% to 15% of children between 4 months and 24 months of age have problems sleeping at night. They wake up and cry one or more times during the night in order to be fed or to receive attention from their parents. These incidents usually occur every night.

Sleep - Helping Your Baby Sleep Through the Night -

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No-Tears Sleeping Through the Night: Gentle ways to longer ... -

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Mon, 25 Jun 2012 12:56:00 GMT - good nightâ€™s sleep. Other research suggests that sleep is needed for creative problemsolving. Skimping on sleep has a price. Cutting back by even . 1 hour can make it tough to focus the next day and can slow your response time. Studies also find that when you lack sleep, you are more likely to make bad

decisions and take more risks.

In Brief: Your Guide To Healthy Sleep -

- Dear Lifehacker, I'm a terribly restless sleeper, and when I wake up, I'm often not well rested at all. Is there anything I can do to stay comfortable and sleep soundly through the night?

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