



Sleep Deprived No More: From Pregnancy to Early Motherhood-Helping You and Your Baby Sleep Through the Night

Jodi A. Mindell

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Although there are many books on getting baby to sleep, *Sleep Deprived No More* focuses on someone else who isn't getting any rest — the mom! Organized trimester by trimester both during and after pregnancy, this guide is straightforward, accessibly written, and easy to navigate so moms can quickly get the help — and rest — they need. Covers sleep conditions common to pregnancy and afterward: In addition to erratic feeding schedules causing moms to lose sleep, there are many sleep issues specific to pregnancy and new motherhood, including Restless Legs Syndrome, Insomnia, Sleep Apnea, and more. Tips and tricks for making it through the day: Mindell also gives moms the lowdown on how to catch up on sleep and stay focused throughout the day, even if you're waking up every few hours at night. Includes sleep advice for baby, too: Included also is the author's expert advice on the best ways to get baby to sleep through the night, making this an all-in-one resource.

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