**Science-Proven Method Helps Exhausted Moms Put Their Babies To Sleep**

Baby sleep issues aren’t just about finding short-term fixes to a long-term problem. Difficulties such as sheer inexperience, mounting sleep debt, unavoidable mental breakdowns or lack of a solid strategy can severely affect the wellbeing of mothers who are desperate to find an effective, practical solution to this delicate problem.

“Let's face it, ignoring the problem and waiting for it to go on its own isn’t a choice”, says Mary-Ann Schuler, creator of babysleepmiracle.com. Your approach determines not only the emotional environment your baby will sleep and live in, but also his present and future mental development.

Fact: Tens of millions of American mothers are in a desperate need of a solution for their babies’ sleep problems, with millions more already having invested valuable resources in time-consuming band-aids.

This is why **Baby Sleep Miracle** was created. Author Mary-Ann Schuler says, "we want moms who struggle with this kind of problem to be aware that there is a solution to this.” The product contains specific strategies on how to establish healthy sleeping habits for any child, with special sleep guidelines for newborn babies and general sleep rules for children up to age 5, complemented by psychologically-backed tips and tricks.

Arming yourself with the right information can literally turn your life around. Establishing a solid routine, repairing a broken sleep cycle, and supporting his emotional development are the three most important things you can do to turn sleepless nights into a distant memory – both for you and your baby.

All in all, the main functions of Baby Sleep Miracle is to provide parents with a reliable, easy-to follow method to help get their babies to sleep, in a fast and efficient way.

“I also encourage moms to have a more emotionally-active role in the development of their babies, because that’s what lies at the core of this problem”, says author and child psychologist Mary-Ann Schuler.