



IS YOUR CHILD
MISBEHAVING . . . OR
MISSING SLEEP?

Sleepless in America

PRACTICAL STRATEGIES TO HELP YOUR
FAMILY GET THE SLEEP IT DESERVES

Mary Sheedy Kurcinka

BESTSELLING AUTHOR OF *RAISING YOUR SPIRITED CHILD*

"A truly impressive book. Kurcinka skillfully acquaints the reader with research indicating the link between sleep and behavior difficulties, and offers realistic, practical solutions. Her appreciation and empathy for the challenges of parenting are evident on every page."

—Robert Brooks, Ph.D., Harvard Medical School, coauthor of *Raising Resilient Children*

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Neil Ami



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