



# Good Night, Sleep Tight Workbook: The Sleep Lady's Gentle Step-by-step Guide for Tired Parents

*Kim West*

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**Good Night Sleep Tight Workbook** is the essential companion to the best selling book, **Good Night Sleep Tight**, by *The Sleep Lady*, Kim West. The book includes a step-by-step guide for parents, is organized by age and by process, and is the key to sleep coaching success. The Workbook can be used as a standalone guide; includes an essential to do list, sleep plans, tear out sleep logs, sleep manner sticker charts and a certificate of completion for celebrating success - all the essentials needed to help tired parents with children of any age who are experiencing sleep problems.

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