

Suggested Interview Questions

In your book, you suggest that many parents are sleep depriving their babies, but is that possible? Don't babies just fall asleep when they're tired?

Could a parent be sleep depriving his or her baby, and not know it?

When parents want their baby to sleep through the night, shouldn't they keep the baby awake all day?

Is your advice for parents complicated?

Is it really all that important for a baby to sleep---doesn't he/she learn more by being awake instead of being asleep?

In what ways is a sleep deprived baby similar to a sleep deprived adult?

Is it better to put a baby on a sleep schedule or just let him/her sleep "whenever?"

How were you able to identify this 90-minute sleep cycle for babies?

How do adults experience the BRAC differently than newborns?

What are some indications of a sleep-deprived baby?

How would a parent know if the baby is sleepy?

Are there some universal sleepy-signs parents should look for in their newborn?