



# Blissful Bedtimes

Want to make bedtime with your child more enjoyable and less exhausting?

Discover healthy sleep habits, tips to establish the optimal sleep environment, and ways to create a calming, consistent bedtime routine. Restful and restorative sleep doesn't have to be just a dream—learn ways to make it your reality!

**Tuesday, January 25th at 8 pm on Zoom**

A workshop and Q & A with certified pediatric sleep consultant & licensed child psychologist Melissa Mittler. Melissa is the founder and owner of R&R Sleep and is the proud mom of two excellent sleepers right here in Briarcliff Manor. [www.randrsleep.com](http://www.randrsleep.com)



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