

12 hours sleep by 12 weeks method

12 hours sleep by 12 weeks method is an innovative and structured approach designed to help infants and young children achieve a full 12 hours of uninterrupted sleep by the time they reach 12 weeks of age. This method is rooted in evidence-based sleep training techniques that focus on establishing consistent sleep patterns and nurturing healthy sleep habits early in life. Achieving 12 hours of sleep by 12 weeks can significantly improve the overall well-being of both the baby and the parents, promoting better growth, development, and family dynamics. This article explores the principles behind the 12 hours sleep by 12 weeks method, outlines the step-by-step process, discusses common challenges and solutions, and provides expert tips for success. The following sections will guide caregivers through everything they need to know to implement this effective sleep strategy.

- Understanding the 12 Hours Sleep by 12 Weeks Method
- Key Components of the Sleep Training Process
- Step-by-Step Guide to Implementing the Method
- Common Challenges and How to Overcome Them
- Expert Tips for Maximizing Sleep Success

Understanding the 12 Hours Sleep by 12 Weeks Method

The 12 hours sleep by 12 weeks method is a sleep training technique aimed at helping infants sleep through the night for up to 12 hours consecutively by the age of 12 weeks. This approach emphasizes the importance of early intervention in sleep routines to set the foundation for long-term healthy sleep habits. It is based on the premise that by establishing predictable patterns and a consistent sleep environment, infants can gradually learn to self-soothe and achieve longer sleep durations.

Background and Rationale

Newborns typically have irregular sleep patterns, waking frequently for feeding and comfort. However, research indicates that many infants are physiologically capable of sleeping for longer stretches as early as 8 to 12 weeks. The 12 hours sleep by 12 weeks method leverages this window of opportunity to transition babies from fragmented sleep to more consolidated rest. This transition can reduce parental sleep deprivation and improve infant mood and development.

Benefits of Achieving 12 Hours of Sleep

Consistent, extended sleep periods support cognitive development, emotional regulation, and physical growth in infants. For parents, the benefits include improved mental health, increased energy levels, and stronger parent-child bonding. Establishing this routine early also reduces the likelihood of developing chronic sleep issues during toddlerhood and beyond.

Key Components of the Sleep Training Process

Successful implementation of the 12 hours sleep by 12 weeks method requires attention to several critical components. These include establishing a consistent bedtime routine, creating an optimal sleep environment, and applying gentle sleep training techniques that promote self-soothing without excessive distress.

Consistent Sleep Schedule

A regular sleep and wake schedule is fundamental to regulating an infant's internal clock. Consistency helps the baby anticipate sleep times, reducing resistance and promoting ease of falling asleep. This schedule should include fixed nap times and a designated bedtime that aligns with the baby's natural sleepiness cues.

Sleep Environment Optimization

The sleep environment must be conducive to uninterrupted rest. Factors such as room temperature, lighting, noise levels, and sleep surface safety are all carefully managed. A dark, quiet, and comfortably cool room with a firm mattress is ideal. Additionally, minimizing stimulation before bedtime supports the transition to sleep.

Gradual Sleep Training Techniques

The method encourages gradual withdrawal of parental assistance during sleep onset, allowing the infant to develop self-soothing skills. Techniques may include controlled comforting, pick-up-put-down, or the chair method, each tailored to minimize stress while promoting independence in falling asleep.

Step-by-Step Guide to Implementing the Method

Implementing the 12 hours sleep by 12 weeks method involves a structured plan that caregivers can follow to progressively improve their infant's sleep duration. This guide outlines each stage, from preparation to maintenance.

1. **Preparation Phase:** Establish a consistent daily schedule and introduce calming

pre-sleep routines such as bathing, feeding, and reading.

2. **Environment Setup:** Optimize the nursery with appropriate lighting, sound machines if needed, and a comfortable temperature between 68-72°F (20-22°C).
3. **Initial Sleep Training:** Begin gentle sleep training techniques at bedtime, focusing on putting the baby down drowsy but awake.
4. **Nighttime Feeding Adjustments:** Gradually reduce nighttime feedings as advised by a pediatrician, ensuring nutritional needs are met during the day.
5. **Consistency and Monitoring:** Maintain consistent responses to night wakings, using pre-agreed soothing methods and tracking progress daily.
6. **Maintenance:** Once 12 hours of sleep is achieved, continue routines and environment controls to sustain healthy sleep patterns.

Example Pre-Sleep Routine

Establishing a calming pre-sleep ritual can signal to the infant that bedtime is approaching, easing the transition to sleep. A typical routine might include:

- Dim lights and reduce noise 30 minutes before bedtime
- A warm bath to relax the baby
- Feeding to ensure satiety
- Quiet storytime or lullabies
- Swaddling or using a sleep sack for comfort

Common Challenges and How to Overcome Them

While the 12 hours sleep by 12 weeks method is effective, caregivers may encounter obstacles. Recognizing and addressing these challenges early can prevent setbacks and promote successful outcomes.

Resistance to Sleep Training

Some infants may initially resist changes in their sleep routine, leading to increased crying or difficulty settling. Patience and consistency are critical during this phase. Gradual implementation of sleep training techniques helps ease the transition without causing

undue stress.

Nighttime Feedings and Growth Spurts

Night feedings are often necessary for younger infants or during growth spurts. It is important to balance nutritional needs with sleep goals. Consulting a pediatrician can provide guidance on safely reducing nighttime feedings while ensuring proper growth.

Environmental Disruptions

Noise, light, or temperature fluctuations can disrupt infant sleep. Using blackout curtains, white noise machines, and climate control devices can minimize these disturbances. Consistency in the sleep environment is key for sustained success.

Expert Tips for Maximizing Sleep Success

Implementing the 12 hours sleep by 12 weeks method is enhanced by incorporating expert recommendations that support infant sleep health and caregiver confidence.

Monitor Baby's Sleep Cues

Recognizing signs of sleepiness such as yawning, eye rubbing, or fussiness allows caregivers to initiate the bedtime routine at the optimal time, preventing overtiredness which can hinder sleep onset.

Maintain Flexibility and Patience

Every infant is unique, and some may require adaptations to the standard method. Flexibility combined with patience ensures that caregivers can tailor the approach to their baby's needs while maintaining consistency.

Prioritize Daytime Nutrition and Activity

Ensuring the infant receives adequate nutrition and engaging in age-appropriate stimulation during the day increases the likelihood of restful nighttime sleep. Balanced daytime routines contribute to healthy sleep-wake cycles.

Seek Professional Guidance When Needed

If challenges persist, consulting pediatric sleep specialists or healthcare providers can provide personalized advice and support, ensuring the method is applied safely and effectively.

Frequently Asked Questions

What is the 12 hours sleep by 12 weeks method?

The 12 hours sleep by 12 weeks method is a sleep training approach designed to help infants sleep through the night for a solid 12 hours by the time they reach 12 weeks of age.

How does the 12 weeks sleep method work?

This method involves establishing a consistent bedtime routine, gradually extending nighttime sleep intervals, and encouraging self-soothing techniques so that by 12 weeks, babies can sleep 12 hours consecutively.

Is the 12 hours sleep by 12 weeks method safe for newborns?

When done appropriately under pediatric guidance, this method is generally considered safe, but it is important to ensure that the baby's nutritional and developmental needs are met before attempting extended sleep periods.

What are the benefits of the 12 hours sleep by 12 weeks method?

Benefits include improved infant sleep quality, better parental rest, a more predictable routine, and potentially reduced nighttime feeding interruptions.

Can all babies achieve 12 hours of sleep by 12 weeks using this method?

Not all babies will achieve 12 hours of continuous sleep by 12 weeks, as individual differences in temperament, health, and developmental stages can affect sleep patterns.

What are common challenges when implementing the 12 hours sleep by 12 weeks method?

Challenges may include frequent night wakings, difficulty establishing routines, feeding needs, and parental anxiety about sleep training techniques.

Do parents need to follow a strict feeding schedule with the 12 hours sleep by 12 weeks method?

Yes, maintaining a consistent feeding schedule during the day can help babies feel satiated and ready for longer sleep periods at night.

When should parents consult a pediatrician before starting the 12 hours sleep by 12 weeks method?

Parents should consult a pediatrician if their baby has health issues, feeding difficulties, or if they have concerns about the baby's sleep patterns before starting any sleep training method.

Additional Resources

1. *12 Hours to Dreamland: Mastering the 12 Weeks Sleep Method*

This book offers a comprehensive guide to achieving a full 12 hours of restorative sleep within 12 weeks. It breaks down the science of sleep cycles and provides practical daily routines to gradually extend your sleep duration. Readers will find tips on creating an ideal sleep environment and managing lifestyle habits that interfere with rest.

2. *The 12-Week Sleep Transformation: From Insomnia to 12 Hours of Rest*

Focused on overcoming insomnia, this book details a step-by-step plan to increase your nightly sleep to 12 hours over three months. It includes cognitive behavioral strategies, relaxation techniques, and tracking tools to monitor progress. The author shares success stories to motivate readers throughout their journey.

3. *Deep Sleep in 12 Weeks: Unlocking the Power of the 12 Hours Sleep Method*

Explore techniques to enhance sleep quality and duration with this practical manual. The book explains how to align your circadian rhythms with the 12 hours sleep target and improve deep sleep phases. It also discusses nutrition, exercise, and mental health factors that contribute to better rest.

4. *Restorative Sleep Blueprint: Achieving 12 Hours of Sleep in 12 Weeks*

This blueprint provides a structured approach to reprogram your sleep habits for optimal rest. Emphasizing consistency and gradual changes, it offers weekly goals and mindfulness exercises to reduce stress. Readers learn how to track sleep patterns and adjust routines to maintain long-term success.

5. *Sleep Reset: The 12 Weeks Journey to 12 Hours of Nightly Sleep*

Designed for those struggling with fragmented or insufficient sleep, this book guides readers through a personalized 12-week plan. It highlights the importance of sleep hygiene, environment optimization, and managing electronic device use before bedtime. The author also addresses common pitfalls and how to overcome them.

6. *The Science of 12-Hour Sleep: A 12-Week Guide to Better Rest*

Delve into the neuroscience behind extended sleep durations with this detailed guide. It explains how the 12 hours sleep goal supports cognitive function, emotional health, and physical recovery. Practical advice on timing, relaxation, and supplementation helps readers implement the method effectively.

7. *12 Hours Sleep Challenge: Transform Your Nights in Just 12 Weeks*

This motivational book challenges readers to commit to a 12-week program aimed at doubling their average sleep time. It includes daily checklists, sleep diaries, and motivational prompts to keep participants engaged. Success stories and expert interviews

enrich the content and provide inspiration.

8. *From Fatigue to Full Rest: The 12 Weeks to 12 Hours Sleep Plan*

Addressing chronic fatigue and sleep deprivation, this book offers a holistic approach to extending nighttime rest. It combines behavioral changes, diet adjustments, and stress management techniques into a cohesive 12-week regimen. Readers gain insights into how prolonged sleep benefits overall health and productivity.

9. *Ultimate Sleep Makeover: Achieve 12 Hours of Quality Sleep in 12 Weeks*

This book provides a complete makeover for your sleep routine, focusing on both quantity and quality. Readers learn how to create a sleep sanctuary, optimize their pre-sleep rituals, and handle disruptions effectively. The 12-week timeline allows for sustainable habit formation and long-lasting improvements.

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12 hours sleep by 12 weeks method: Twelve Hours' Sleep by Twelve Weeks Old Suzy Giordano, Lisa Abidin, 2006-01-19 There is no bigger issue for healthy infants than sleeping through the night. In this simple, straightforward book, Suzy Giordano presents her amazingly effective "Limited-Crying Solution" that will get any baby to sleep for twelve hours at night—and three hours in the day—by the age of twelve weeks old. Giordano is the mother of five children and one of the most sought-after baby sleep specialists in the country. The Washington Post calls her a baby sleep guru and an underground legend in the Washington area for her ability to teach newborns how to achieve that parenting nirvana: sleeping through the night. Her sleep plan has been tested with singletons, twins, triplets, babies with special needs, and colicky babies—and it has never failed. Whether you are pregnant, first-time parents, or parents who seek a different path with your second or third child, anyone can benefit from the Baby Coach's popular system of regular feeding times, twelve hours of sleep at night and three hours of sleep during the day, and the peace of mind that comes with taking the parent and child out of a sleep-deprived world.

12 hours sleep by 12 weeks method: The Complete Guide to Helping Your Baby Sleep Through the Night So You Can Too Jessica Linnell, 2010-11-12 The average baby sleeps between 10 and 16 hours a day according to Parenting Magazine. But, for any parent who has raised a child, it is well known that these hours can come at nearly any time, with the least likely time being during the middle of the night. Coaxing and comforting a baby to sleep through the night is one of the earliest and daunting tasks that young parents face and can lead to raised stress and tension levels and a whole slew of problems for both you and your baby. The tips in this book are designed to provide every parent with the knowledge they need to help their baby feel more comfortable in their crib and start sleeping through the night not only for the first time, but consistently for the foreseeable future. You will learn exactly how much sleep your baby needs and what traditional definitions of sleep have to say about children under the age of two, including how they sleep and what they need in their sleep. You will learn the rules of infant and baby sleep and how they may not fit into your traditional notions of slumber and why it is necessary to think carefully before taking

any additional measures. The necessary tools you need for helping your baby sleep through the night, including the right music, the right food, the right bedding, and the right amount of attention. You will learn when it is best to leave your baby to themselves and when they need you late at night, and what kinds of sleep disturbing habits they and you might be performing that is keeping them from sleeping comfortably. Experts in child psychology, pediatrics, and sleep have been interviewed and provided their experiences in the book to help all new parents deal with the trials and tribulations of a baby who will not sleep through the night. You will learn how certain developmental factors can affect sleep and what situations, however small, can disrupt sleep entirely. You will learn when it is not your fault and when you don't deserve blame and how things might change when your baby becomes a toddler. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

12 hours sleep by 12 weeks method: *Parenting Hell* Rob Beckett, Josh Widdicombe, 2022-10-13 THE NO.1 SUNDAY TIMES BESTSELLER THE MADNESS, ABSURDITY, AND UTTER CHAOS OF BEING A PARENT FROM THE HOSTS OF THE NO.1 SMASH HIT PODCAST. What's it really like to be a parent? And how come no one ever warned Rob or Josh of the sheer mind-bending, world-altering, sleep-depriving, sick-covering, tear-inducing, snot-wiping, bore-inspiring, 4am-relationship-straining brutality of it all? And if they did, why can't they remember it (or remember anything else, for that matter)? And just when they thought it couldn't get any harder, why didn't anyone warn them about the slices of unmatched euphoric joy and pride that occasionally come piercing through, drenching you in unbridled happiness in much the same way a badly burped baby drenches you in milk-sick? Join Josh and Rob as they share the challenges and madness of their parenting journeys with lashings of empathy and extra helpings of laughs. Filled with all the things they never tell you at antenatal classes, *Parenting Hell* is a beguiling mixture of humour, rumination and conversation for prospective parents, new parents, old parents and never-to-be parents alike. READERS LOVE PARENTING HELL: 'Best laugh out loud book on parenting' 'I laughed and cried! Not being a parent I can now appreciate everything my friends do a lot more!' 'Every parent needs to read this' 'Every parent or parent-to-be or parent-adjacent needs to read this! It's also surprisingly empowering for women - the way they include the wives perspectives is beautiful' 'An honest account of parenting with a welcome twist/dose of humour. Buy it! Gift it.' 'I laughed out loud many times and once had to go into another room because I thought I might wake my sleeping husband.'

12 hours sleep by 12 weeks method: *The Twenty-four Hour Workday*, 1981

12 hours sleep by 12 weeks method: *You Can't F*ck Up Your Kids* Lindsay Powers, 2020-03-31 Cribsheet meets The Sh!t No One Tells You in this no-holds-barred, judgment-free parenting guide that sets the record straight on every hot-button parenting topic by longtime journalist and founder of the viral #NoShameParenting movement. What if you could do more for your kids, by doing a whole lot less? Parenting today has become a competitive sport, and it seems that everyone is losing. From the very moment that little line turns blue, parents-to-be find themselves in a brave new world where every decision they make is fraught, every action they take is judged, and everything they do seems to be the wrong thing. Formula feed? Breast is best. Breastfeed in public? That's indecent. Cry it out? You're causing permanent harm to your child. Don't sleep train? Your child will never learn to sleep on his or her own. Stay home? You're setting a bad example for your kids. Go back to work? Don't you love your kids more than your job? Lindsay Powers—former editor-in-chief of Yahoo! Parenting, creator of the #NoShameParenting movement, and mom of two—is here to help parents everywhere breathe a collective sigh of relief. This laugh-out-loud funny, accessible, and reassuring book sets the record straight on all of the insane

conflicts that parents face—from having a glass of wine while pregnant to sleep training, childcare, feeding, and even sex after baby. Drawing on the latest research and delivered in a relatable, comforting voice, *You Can't F*ck Up Your Kids* demonstrates that it is possible to take the stress out of parenting and sit back and enjoy the ride.

12 hours sleep by 12 weeks method: Handbook of Sleep Research , 2019-06-21 Handbook of Sleep Research, Volume 30, provides a comprehensive review of the current status of the neuroscience of sleep research. It begins with an overview of the neural, hormonal and genetic mechanisms of sleep and wake regulation before outlining the various proposed functions of sleep and the role it plays in plasticity, and in learning and memory. Finally, the book discusses disorders of sleep and waking, covering both lifestyle factors that cause disrupted sleep and psychiatric and neurological conditions that contribute to disorders. - Emphasizes a comparative and multidisciplinary approach to the topic of sleep - Covers the neurobiology and physiology of sleep stages, mechanisms of waking, and dreaming - Discusses in detail the proposed functions of sleep, from health and rest, to memory consolidation and synaptic plasticity - Examines the current state of research in mammalian and non-mammalian species, ranging from primates to invertebrates

12 hours sleep by 12 weeks method: The Sensational Baby Sleep Plan Alison Scott-Wright, 2010-04-27 Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, *The Sensational Baby Sleep Plan* is a step-by-step, must-have manual to ensure sleep for you and your baby. For over twenty-five years, recognised sleep guru Alison Scott-Wright has been working 'hands-on' with families, sharing her knowledge with her clients and, most importantly, bringing sleep to thousands of homes. Now she is sharing her expertise with you... 'I was so thankful for this book. It made a HUGE difference.' -- Giovanna Fletcher 'I wish I had read this book sooner, I tell every new mum about it!' -- Millie Mackintosh *The Sensational Baby Sleep Plan* is changing parents' lives: ***** 'This book is a Godsend . . . simple, supportive and easy to apply.' ***** 'Literally changes our lives . . . absolutely invaluable advice.' ***** 'This books now allows our little one to enjoy her sleep . . . She is a happy content smiley baby now and so are mummy and daddy!'

*****The Sensational Baby Sleep Plan gives parents: * Realistic, easy to follow advice and guidance * Sensible feeding plans that can be tailored to suit the individual * Simple explanations of how to interpret different cries * Useful tips to encourage belief and trust in their parental instincts * Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic. * Happy babies that sleep through the night and have structured naps from around 2 months. Baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds! And for when you're ready to move on to the next stage in sleep-filled parenting: *The Sensational Toddler Sleep Plan*!

12 hours sleep by 12 weeks method: Counseling the Nursing Mother: A Lactation Consultant's Guide Judith Lauwers, Anna Swisher, 2020-07-01 *Counseling the Nursing Mother: A Lactation Consultant's Guide*, Seventh Edition presents topics within a counseling framework with practical suggestions and evidence-based information interwoven throughout. Additionally, the Seventh Edition is an ideal study guide for International Board Certified Lactation Consultant (IBCLC) certification and practice.

12 hours sleep by 12 weeks method: ABC of the First Year Bernard Valman, Roslyn Thomas, 2009-04-15 This well-established book gives clear guidance on normal development and how to diagnose and manage illness in newborn infants and babies. The sixth edition of the *ABC of the First Year* has been fully revised and updated to reflect the introduction of National Institute for Health and Clinical Excellence guidelines, the reduction in universal screening and the increasing care of the newborn provided by family practitioners and midwives. There are new sections on the recognition and prevention of obesity, which is an increasing problem. The reduction in universal

screening has resulted in parents requesting advice about their child's development at a variety of ages. A Development Chart shows the age-related normal range in different abilities and activities and will enable family doctors, at a glance, to determine whether a parent should be reassured that an infant is normal or needs further assessment. The inclusion of useful links and addresses of resources and organisations helps make the new edition of the ABC of the First Year an invaluable resource for GPs, midwives, paediatric nurses, health visitors and medical students, and an ideal companion to Bernard Valman's ABC of One to Seven.

12 hours sleep by 12 weeks method: Treatment of the Postmenopausal Woman Rogerio A. Lobo, 2007-06-05 For anyone who treats postmenopausal women, this latest edition of Rogerio Lobo's classic work combines the best from two well-known references: Menopause, and the second edition of Treatment of the Postmenopausal Woman. By adding significant discussions of the basic science behind menopause, it is possible to objectively assess the clinical value and limitations of current approaches to treatment and provide a basis and rationale for strategies that will result in better individualized and specialized care. Not only does the third edition discuss diagnosis and treatment of menopause but it covers biological, anatomical, physiological, pathobiological, and pharmacological aspects as well bringing together, in one source, all of the information needed to understand and treat postmenopausal conditions. Over 50% new material representing the vast amount of information available since the Women's Health Initiative (WHI) clinical trials were completed making this the most up-to-date reference on postmenopausal women Includes several new sections on comparisons between clinical trials and observational data, urology, and pelvic support Each section is preceded by a preface to put the area into context with many chapters having suggested treatment regimens

12 hours sleep by 12 weeks method: The Sensational Toddler Sleep Plan Alison Scott-Wright, 2021-08-12 *** WITH A FOREWORD BY MILLIE MACKINTOSH *** From the author of the hugely successful The Sensational Baby Sleep Plan. A follow-up guide, helping parents to handle sleep issues in toddlers and children aged over twelve months. With clear and realistic advice on how to: *Implement the fail-safe reassurance sleep-training technique *Establish healthy bedtime associations *Understand your toddler's development *Implement a routine through responsible and positive parenting *Manage changes such as moving from a cot to a bed and travelling *Cope with dietary intolerances and acid reflex that might affect child's ability to fall and stay asleep *Introduce a new baby into the family and deal with sibling issues This book will get your child - and you - the sleep you need! Praise for The Sensational Baby Sleep Plan: ***** 'This book is a Godsend . . . simple, supportive and easy to apply.' ***** 'Literally changes our lives . . . absolutely invaluable advice.' ***** 'This books now allows our little one to enjoy her sleep . . . She is a happy content smiley baby now and so are mummy and daddy!'

12 hours sleep by 12 weeks method: Fast Burn! Ian K. Smith, M.D., 2021-04-13 A motivational diet plan to blast fat—and keep it off—by Ian K. Smith, M.D., the #1 New York Times bestselling author of Clean & Lean. New York Times bestselling author Ian K. Smith, M.D.'s unique new plan takes intermittent fasting to the next level, combining the power of time-restricted eating with a detailed program that flips the body into a negative energy state, scorching fat on the way to weight loss and physical transformation. Many IF books leave readers to figure out what and how much they should eat during their feeding window, and even how long to fast each day. Smith knows that even readers highly motivated to change their weight and their health need marching orders, and they're all here in Fast Burn!'s nine-week program. Dr. Ian believes in cleaner eating—forget perfect—and the two positively disruptive Jigsaw Weeks he works into his Fast Burn! program not only mix things up so Fast Burners stay on track, but introduce refreshing and less structured plant-based weeks to the program. Fast Burn! goes beyond the daily meal plan, but also includes simple and achievable exercises—with both gym and out-of-gym options—for every week as well as thirty-three recipes focusing on improved calorie quality, including the plan's signature Burner Smoothie, to use throughout the three stages of the program.

12 hours sleep by 12 weeks method: Lowinson and Ruiz's Substance Abuse Pedro Ruiz, Eric

