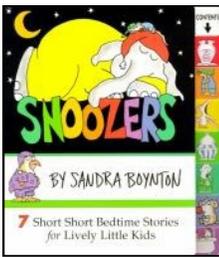
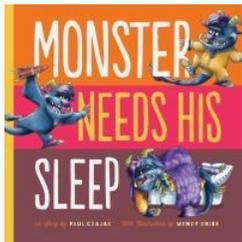


## Sleep:

### Bedtime, Naps and Trouble Falling Asleep

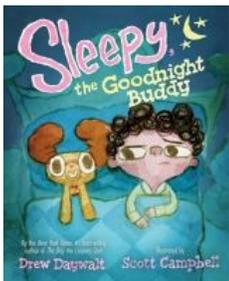


Boynton, S. Snoozers: 7 Short Short Bedtime Stories for Lively Little Kids. Snoozy choosers choose *Snoozers*! Here are seven different Boynton bedtime stories for little listeners. Guided by the colorful picture tabs, children can find whichever story they want to hear. And the next one. And then this one. Okay, now this one. And now this one. Ooo, and this. Oh, please, just ONE more? jP Board Boynton



Czajak, P. Monster Needs His Sleep. It's time for bed, and Monster needs to go to sleep. But he just keeps finding more things to stay awake for! It isn't until Monster admits he is afraid of the dark that he finds a glowing solution to his nighttime problem. In this playful, rhyming story, Monster shows young readers that, with a little help from a friend, the dark isn't that scary after all.

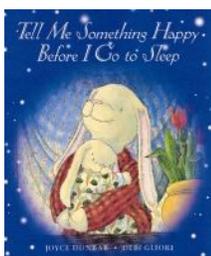
jP Czajak



Daywalt, D. Sleepy, The Goodnight Buddy. Roderick hates going to bed, and the young boy has become quite resourceful in coming up with ways to delay the dreaded hour when the lights must go out. Roderick's loving parents--fed up with the distractions and demands that have become his anti-bedtime ritual--decide to get him a stuffed animal to cuddle with and help him wind down. However, Sleepy quickly proves to be a bit high-maintenance. Just when we fear the night may never end, Sleepy's antics become too exhausting for Roderick to bear. jP Daywalt



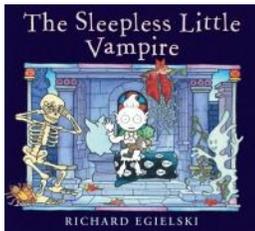
Delacroix, S. Blanche Hates the Night. When Blanche goes to bed, she tries very hard to avoid the night. She makes loud noises to try to wake up the sun, but instead she wakes up angry parents. She sings and fools around, jumping and tumbling on her bed until she is caught again. Eventually, she wears herself out and falls happily asleep. This is a little book about a big problem: going to sleep when you really HATE the night. jP Delacroix



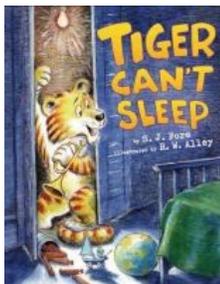
Dunbar, J. Tell Me Something Happy Before I Go to Sleep. When little bunny Willa can't sleep, big brother Willoughby helps her think of all the happy things that await her when the sun comes up—cozy slippers, a yummy breakfast, and the morning itself, which loves to gently nudge her awake. For Willa, the happiest thing of all is knowing that Willoughby will be there in the morning, too, just like always. jP Dunbar

## Sleep:

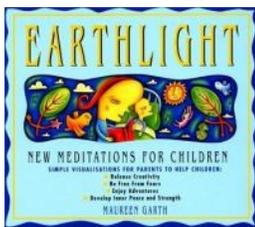
### Bedtime, Naps and Trouble Falling Asleep



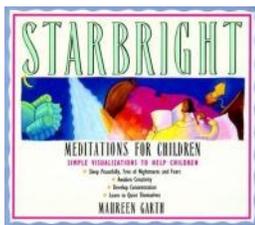
Egelski, R. The Sleepless Little Vampire. What could possibly be keeping a little vampire up tonight? Is it the growling of werewolves? Is it the cackling of witches? Is it the rattling of skeletons? After a few more of the usual suspects come on the scene, and the sky takes on a hint of pink, he realizes that it was just not his bedtime yet! At last, with the bright sun high in the sky, the last illustration is of Little Vampire fast asleep. jP Egelski



Fore, S. Tiger Can't Sleep. From potato chip-crunching and cartwheel-turning to one-tiger band music-making, the oversize toy, who is supposed to be sleeping in a boy's closet, employs several amusing bedtime stall tactics. Young readers will enjoy watching the boy hero in the parental role as he narrates in escalating, exasperated tones. "Shhh, Tiger! Quiet! You are driving me crazy! I'm trying to sleep. I don't want to hear any more noise." But when the boy hears a "Boo-hoo" and discovers Tiger's fear of the dark, he takes a softer approach to his frightened friend. jP Fore



Garth, M. Earthlight: New Meditations for Children. Countless parents, teachers, and other carers for children have discovered the benefits of Maureen Garth's unique approach to meditation. Offering 25 all new visualizations, these meditations help children sleep more peacefully, to learn to still themselves, to be freed of their worries, and to develop their ability to concentrate. j PAR 158.12 Garth



Garth, M. Starbright: Meditations for Children. Driven by the desire to help her three-year-old daughter settle down into a peaceful night's sleep, Maureen Garth devised meditations that would help her daughter feel secure and cared for. Starbright is a collection of the stories Garth created as her child grew older. In her engaging, warm, and personal style, Garth teaches parents how to help their children relax and enjoy a good night's sleep.

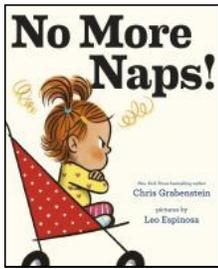
j PAR 158.12 Garth



Gavin, C. Bear Is Not Tired. Bear and his duck family do everything together. That is, until winter arrives. Bear is supposed to hibernate this time of year, but he doesn't want to miss out on any of the fun. But can Bear really stay awake all winter long? Gentle humor and endearing illustrations bring a delightful twist to a bedtime routine that children and their parents will easily recognize. jP Gavin

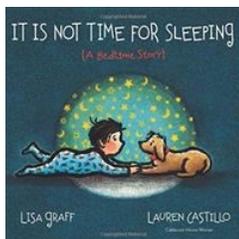
## Sleep:

### Bedtime, Naps and Trouble Falling Asleep

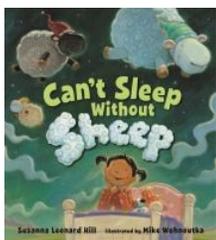


Grabenstein, C. No more naps! It's time for a nap but Annalise Devin McFleece won't have anything to do with bedtime. Dad tries to encourage sleepiness by pushing her around the park in her stroller. Along the way, they pass a man sitting on a bench, dog walkers walking dogs, a boy on a skateboard, and many others. Each thinks that taking a nap is a great idea and if Annalise Devin McFleece doesn't want hers, they'll happy take it. And one by one, everyone falls asleep...except Annalise Devin McFleece. But when she's finally ready for her nap will there anyone who has an extra nap to spare?

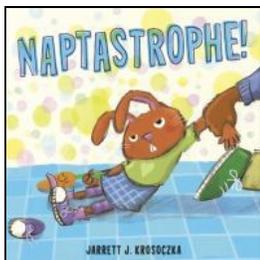
jP Grabenstein



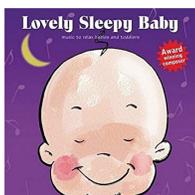
Graff, L. It Is Not Time for Sleeping. As the day comes to an end, bedtime draws near. But the little boy in this book is quite sure it is NOT time for sleeping. As each piece of his evening routine is completed—helping with the dishes, playing with the dog, getting into pajamas, brushing teeth with Dad, being tucked in by Mom, and listening to a story—he becomes a little more certain: it is definitely not time for sleeping. The question is, when WILL it be time for sleeping? jP Graff



Hill, S. Can't Sleep Without Sheep. Whenever Ava can't sleep, she counts sheep. But Ava takes so long to fall asleep, it's the sheep that are growing tired-until finally, they quit! When the sheep promise to find a replacement that Ava can count on, chaos ensues as chickens, cows, pigs, hippos, and more try their hand at jumping over Ava's fence. Finding the perfectly peaceful replacement for sheep might not be so easy after all. jP Hill



Krosoczka, J. Naptastrophe! It's a tale as old as time: naptime, that is! Lucy is not tired, not tired, NOT tired. She is not going to nap today. Lucy is an expert at staying awake. But when running errands with her dad, it's suddenly way too LOUD. The lights in the store are way too bright. It's . . . a naptastrophe! jP Krosoczka

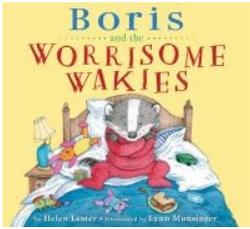


Lap, R. Lovely Sleepy Baby: Music to Relax Babies and Toddlers. Sure to redefine the meaning of lullaby, Lovely Sleepy Baby is a collection of songs designed to relax babies and toddlers, helping them find their comfort zone and fall asleep. Gentle music that is sure to sooth and relax little listeners.

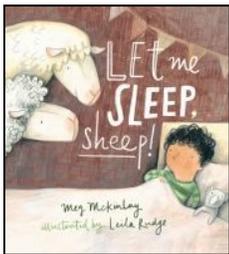
j MUSIC CD Lap Raimond

## Sleep:

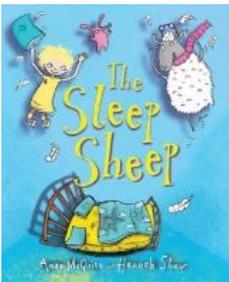
### Bedtime, Naps and Trouble Falling Asleep



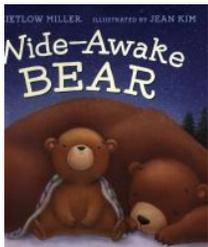
Lester, H. Boris and The Worrisome Wakies. "I'm hunnnnnnry! I think my PJs are on backwards! My cuddle-bunny is hogging the bed!" It's bedtime, but Boris has the worrisome wakies! No matter how much Papa and Mama badger their little badger, Boris can't sleep. He's too itchy, too thirsty, too everything. But the wakies at bedtime lead to snoozing—and trouble—at school! Can Boris banish the worrisome wakies for good? jP Lester



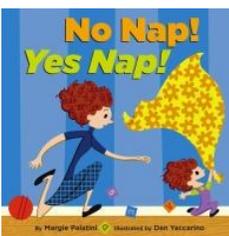
McKinley, M. Let Me Sleep, Sheep! It's bedtime for Amos, who smiles as he closes his eyes and counts some fluffy sheep trotting away in the grass. Until suddenly ... THUD. And then another. "Not again!" says the first sheep, now on Amos's floor. "I was having my wool clipped," grumbles the second. None too happy at being interrupted, the woolly pair fire a battery of questions at Amos, most importantly: "Where's the fence?" So Amos sets out to build one to their specifications, then is asked to test it out, of course. ... In this laugh-out-loud read-aloud, a couple of crafty sheep put a child through his paces -- and show that a tuckered-out kid at bedtime is a win-win all around. jP McKinley



McQuinn, A. The Sleep Sheep. "You're exasperating, Sylvie," her mother says. "I'm not trying to be exasperating, Mommy," Sylvie replies, "I just can't sleep!" "Why don't you try counting sheep?" her mom suggests. So Sylvie tries, but how can she if they won't stay still? Dancing, skating, swimming sheep--it's exhausting keeping up with them! jP McQuinn



Miller, P. Wide-Awake Bear. Every baby bear knows the warmth of spring only comes after sleeping through the cold of winter. For little cub Elliott, however, it's not that easy. First, something tickles his nose, rousing him from a dream, and then every shadow, noise, and passing thought keeps him up. No amount of fluffing of his pillow or tossing and turning will help. He even tries nudging his mom out of her slumber! But he's...Still. Wide. Awake. jP Miller



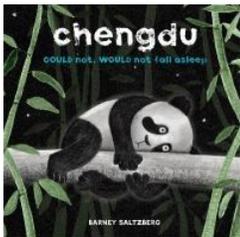
Palatini, M. No Nap! Yes Nap! Readers embark on a fast-paced chase through every room in the house as we follow Mommy on her quest to settle Baby down for nap. Dashing from family room to living room, both on the table and under it, through the kitchen and even hiding in the laundry basket, this hilarious romp culminates with mommy and baby collapsed - AT LAST -- fast asleep in a chair. jP Palatini

## Sleep:

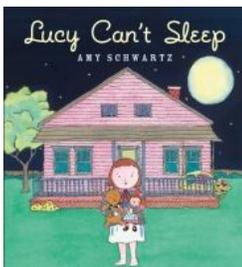
### Bedtime, Naps and Trouble Falling Asleep



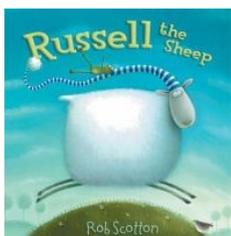
Pinder, E. The Perfect Pillow. In his strange new room on his big new bed, Brody tosses and turns, holding his stuffed dragon named Horst. His parents can't help him fall asleep, so he has no choice to go out and search for a better bed. Is it a squirrel's nest? A cloud? A rowboat on a pond? No, the moon is too bright, and the croaking frogs are too loud, so there's nothing for it but to go back home and jump into his big new bed, where a friendly dragon makes a perfect pillow. jP Pinder



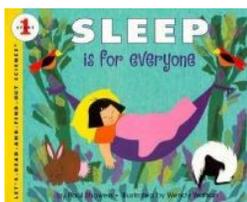
Saltzberg, B. Chengdu Could Not, Would Not, Fall Asleep. High in his bamboo tree, a young panda named Chengdu lies awake while everyone around him is sleeping. No matter what he tries, he cannot fall asleep. He turns and he tosses. He scrunches and he rolls. He even hangs upside down. Finally, he climbs up and up and up, until he finds the perfect spot atop his brother. jP Saltzberg



Schwartz, A. Lucy Can't Sleep. She may be an insomniac, but with a combination of brisk self-sufficiency and mild mischievousness, Lucy turns lemons into lemonade. She buttons on a sweater, blows her nose, and then slides down the banister. Lucy proceeds to raid the fridge, savor the sights and sounds of the backyard, and indulge in late-night dress-up. When she finally returns to bed, only the family dog is the wiser! jP Schwartz



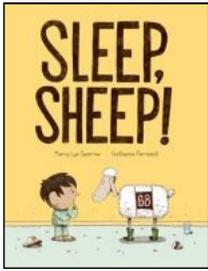
Scotton, R. Russell the Sheep. Humans who have trouble falling asleep have been known to count sheep. But what do insomniacs of the woolly-coated variety do? Russell, a sheep longing for shut-eye, is on the case in this sweet-natured picture book. When all is quiet except for Russell, the playfully stocking-capped critter tries everything to lull himself into slumber. Making things darker doesn't help, and searching for a new place to get cozy is a bust, too. At long last he gives counting a go: his feet, the stars in the sky-and ultimately, sheep! jP Scotton



Showers, P. Sleep Is for Everyone. Why do you get sleepy? When you feel tired, your body is telling you that it needs a rest. Everyone needs sleep. Babies need lots of sleep. Grown-ups need less. But no one can go without sleep for long. A team of scientists stayed awake for as long as they could to see what could happen. Read and find out some wide-eyed facts about the science of shut-eye. j 612.821 Showers

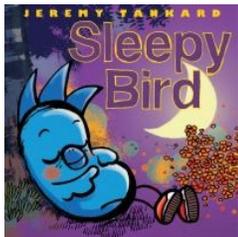
## Sleep:

### Bedtime, Naps and Trouble Falling Asleep



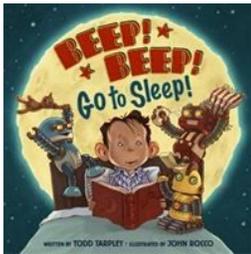
Sparrow, K. Sleep, Sheep! The only thing Duncan does not like to do at bedtime is go to sleep, and he knows all the tricks for avoiding it. Until one day, his mom has had enough, and leaves Duncan in his room to figure it out on his own. Left with no other choice but to take his mother's advice, Duncan tries counting sheep to get to sleep. It all goes well for a while, but then Sheep #68 is a bit apprehensive about taking his turn ... And suddenly, the tables have turned--Sheep #68 is using some very familiar delay tactics!

jP Sparrow



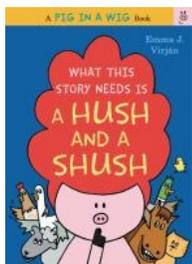
Tankard, J. Sleepy Bird. Bird's friends are settling in for the night. But Bird is not tired. His wings want to flap. His legs want to run. All of him wants to play! When will he ever go to sleep?! Spirited kids and exhausted parents will laugh their way to happy dreams in this hilarious and relatable take on bedtime.

jP Tankard



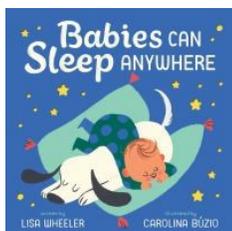
Tarpley, T. Beep! Beep! Go to Sleep! A responsible-looking boy is trying to get his three robot charges—who, like their human counterparts, are full of beans at bedtime—to go to sleep: Every time the boy thinks he has ushered them into slumberland, with the goal of getting some shut-eye himself, a new obstacle pops up. The rambunctious robots will win readers' hearts from the title page, when they swing from a light fixture and bounce on the sofa. But the human hero is equally appealing: dressed in dadlike striped pajamas, he has clearly had an excellent role model when it comes to being a loving and put-upon authority figure.

jP Tarpley



Virjan, E. What This Story Needs is a Hush and a Shush. Join Pig in a fun read-aloud adventure on the farm and find out if she'll ever catch some ZZZs! What this bedtime needs is a pig in a wig brushing her teeth, combing her hair, and getting ready for bed with her pink teddy bear. But with a honk, a quack, a moo, and more, it turns out what this bedtime really needs is a quieter place to sleep!

jE Virjan

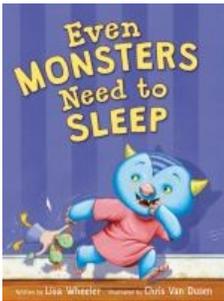


Wheeler, L. Babies Can Sleep Anywhere. What better way to put a little one to sleep than with a soothing rhyme and image after image of sleeping animals? This gentle board book introduces the sleeping habits of many animals—from puppies to sloths to whales—and compares them to the sometimes-unusual habits of human babies. In backpacks, on knees, in cradles or trees, sweet babies can sleep anywhere!

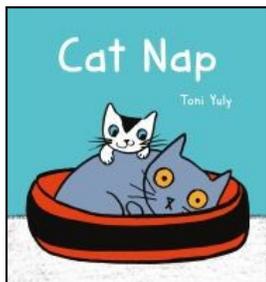
jP Wheeler

## Sleep:

### Bedtime, Naps and Trouble Falling Asleep



Wheeler, L. Even Monsters Need to Sleep. Cuddly monsters of every stripe are comforted by reliable nighttime rituals in this frisky but soothing bedtime story. A big, brown furball, Bigfoot wears a red union suit, clutches his wooby (a blue bunny), and nabs a firefly in a jar for a nightlight. Aliens wear footie pajamas, and a troll gets read his favorite book (The Three Billy Goats Gruff, of course). This book is sure to do the trick at bedtime, and it's gentle enough even for readers who find monsters intimidating. jP Wheeler



Yuly, T. Cat Nap. It's naptime, and Cat is ready for Kitten to settle down. Unfortunately for him, rowdy white Kitten only wants to play. Hide-and-seek is the perfect solution, but Kitten is far too talented a seeker for Cat to get much shut-eye while he's hiding. The gotcha ending will be familiar to any parents who have found a suddenly-tuckered-out little one taking up space in their beds. jP Yuly