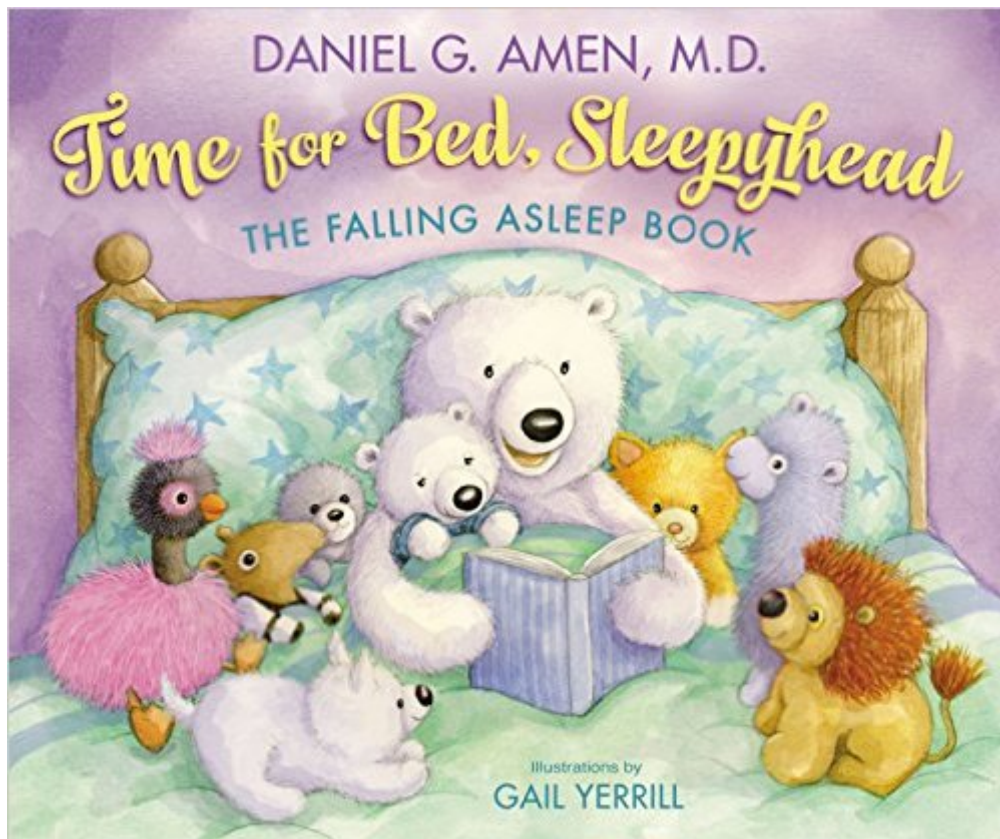


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# Time For Bed, Sleepyhead: The Falling Asleep Book



## Synopsis

Ten-time New York Times bestselling author and child and adolescent psychiatrist Dr. Daniel Amen teams up with artist Gail Yerrill to create a book that helps facilitate sleep. *Time for Bed, Sleepyhead* pairs whimsical illustrations with storytelling techniques to tire your child's imagination in order to help them settle down at bedtime and fall asleep. Read aloud the story of little bear and his friends as they have a big day at the beach, then return home to eat dinner, take their baths, and head to bed, falling gently to sleep alongside your little one.

## Book Information

Hardcover: 32 pages

Publisher: Zonderkidz (September 6, 2016)

Language: English

ISBN-10: 031075822X

ISBN-13: 978-0310758228

Product Dimensions: 11.3 x 0.2 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars See all reviews (20 customer reviews)

Best Sellers Rank: #8,634 in Books (See Top 100 in Books) #85 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Sleep #245 in Books > Children's Books > Literature & Fiction > Chapter Books & Readers > Beginner Readers #281 in Books > Children's Books > Activities, Crafts & Games > Activity Books

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

By taking young children on a lovely journey, this story lulls to sleep and inspires comforting dreams. Little Bear isn't ready to fall asleep no matter what Mama Bear says. So she invites him on an imaginary journey to a day at the beach with a car load of friends. This book is written by the popular psychiatrist Daniel Amen, M.D., with the purpose of assisting parents/grandparents to guide their children into sleep through visual and calming techniques. In this sense, it does a wonderful job. The gentle listing of friends, imagery of situations which inspire secure and comforting feelings, and mental guidance all the way through a relaxing end encourage the mind to slow down. The illustrations accompany this goal masterfully. They are kept in the pastel colors range--bright yet soothing. All creatures and scenes inspire good feelings and a sense of friendship and security. My

children and I were yawning by the end. The illustrations, even outside of their calming goals, are a treat to look at. The animals and scenes are well done. Young readers are sure to grab the book and flip through them again and again. The journey the bear and his friends embark on is well paced and brings up several moments young readers can relate to. The details to each friend and what they do is sure to grab interest and remain in memory. Although most of the book is well-gearred to the younger age group, there are times which the writing has too much of an adult/clinical touch. My kids were a little irritated by this and realized right away it isn't a 'normal' bedtime book. In the first pages, Mother Bear tries to explain why Little Bear needs to sleep, but her explanation has a 'professional' touch (not that of a mother).

The author has shared this book to be an aid to helping children fall asleep. It is designed for ages 4-8. The premise of the story is a mother bear helping her son get ready for bed. So she begins telling him a story of how important it is for children to get their sleep because it helps to clean their brains. Sleep helps to get rid of all the trash that builds up in the brain during the day. Baby bear asks what happens if he doesn't get enough sleep. So, mother continues to tell him, "If you don't get enough sleep, your brain doesn't have enough time to clean up. Trash gets left behind. It can build up and get in the way, making it harder for you to learn-or even feel happy." Little bear replies, "I want a nice, clean brain, Momma!" They get comfy cozy and she begins telling him a good-night story filled with many characters, Eli, the anteater, Chloe, the kitty, Liam, the baby llama, Aslan, the puppy, Louie, the lion, Emmy, the emu, and Shakespeare, the seal. They travel together for an adventure. Let me say that the illustrations by Gail Yerrill are just beautiful. I feel she marvelously captured these little critters and brought them to life for children to experience a delightful treasured adventure. Although most of the colors are soft hues, there's the perfect amount of bright and cheerful coloring for capturing the imagination of little ones. Throughout the story imagery is the highlight for the little ones, each character telling a story of their own, and enough activity to keep the mind busy for quite a long time. That's where my thoughts are differing from the author. I have always read books to my children and grands before bed.

• If you don't get enough sleep, your brain doesn't have enough time to clean up, • Momma Bear explains to Little Bear in Daniel G. Amen's children's book, Time for Bed, Sleepyhead. ~ What ~ At thirty-two pages, this oversized hardbound with a front cover that has shiny colored accents targets children ages four to eight years old. With no scary scenes, it is a nice story about falling asleep. With some complicated wording, it would be best read out loud to beginner

readers. The beginning contains a warning note to adults regarding the hypnotic nature of the book. In this quaint story, an all-white momma bear is putting her little bear to bed, explaining how important sleep is to the brain. She prompts the bear to imagine going to the beach with several of his friends. A tale is told about driving to the beach, playing in the sand, and swimming in the sea. The little bear and his friends take a rest and play some more. Although the gang is tired when they return home, they take a bubble bath and eat dinner before drifting peacefully off to sleep. ~Why ~Our out-of-state three-year-old granddaughter loves a bedtime story, and this one she can look at the pictures by herself after the book is read to her. I like how the words are soothing, promoting resting, relaxing, and yawning, The colorful full-page illustrations are interesting yet calm with a carefree tone to them. ~ Why Not ~Advanced readers may find the book sophomoric and childish; younger ones may appreciate the book more. I did not understand the page mentioning hearing something besides the sound of the mother's voice that is a signal to be more relaxed, comfy, or sleepy; it sounded hypnotic, and a child may wonder what other sound is to be heard.

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