

Sleep&sorty

Eugenie Doyle

Nothing Much Happens Kathryn Nicolai,2020-10-06 Soothing stories to help you fall and stay asleep, based on the popular podcast Busy minds need a place to rest. Whether you find yourself struggling to sleep, awake in the middle of the night, or even just anxious as you move through the day, in Nothing Much Happens, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, the stories in Nothing Much Happens explore and expose small sweet moments of joy and relaxation: Sneaking lilacs from an abandoned farm in the spring. Watching fireflies from the deck in the summer. Visiting the local cider mill in the autumn. Watching the tree lighting in the park with friends in the winter. You'll also find sixteen new stories never before featured on the podcast, along with whimsical illustrations, recipes, and meditations. Using her decades of experience as a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep. A PENGUIN LIFE TITLE

Bedtime Stories for Grown-Ups Dan Jones,2018-08-07 Bedtime Stories for Grown-ups is a collection of 20 bedtime stories for adults from the 'Dan Jones Hypnosis' YouTube channel. The bedtime stories have been created in a way that encourages sleep and promotes wellbeing, helping with stress, anxiety and worry, three of the main areas behind many sleep problems, so, these bedtime stories are ideal for stressed out adults or those who find they worry or overthink when they should be falling asleep. These sleep stories for adults can be read by the person who wants to fall asleep, or read to someone to help them fall asleep, or audio recorded for personal use to help you fall asleep. Each bedtime story is a transcript of a 20-35 minute long hypnotic healing bedtime story. For most of human history storytelling helped people to share knowledge and wisdom while inspiring change and creativity. Storytelling is one of the oldest forms of verbal hypnosis. Stories stimulate and access the dreaming brain allowing people to update their neurology with new learning to change thinking, behaviours and responses to life events. Somewhere along the way storytelling became associated with children, it was seen as odd if you were an adult who said you liked listening to stories. This has now started to change, adults listening to stories and reading bedtime stories is on the rise. Dan Jones has over 20 years experience using storytelling as a form of therapy and to help people sleep, he also has a successful YouTube channel 'Dan Jones Hypnosis' with over 100 hypnotic healing bedtime stories for adults and over 20 sleep stories for children.

Go the Fk to Sleep** Adam Mansbach,2011-06-14 The #1 New York Times Bestseller: “A hilarious take on that age-old problem: getting the beloved child to go to sleep” (NPR). “Hell no, you can’t go to the bathroom. You know where you can go? The F**k to sleep.” Go the Fuck to Sleep is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don’t always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won’t care.

Sleepy Stories Mario Levrero,2021-07-06 A buoyant account of the nightly tug-of-war between a sleepy father and his son, and the richly imaginative sleepy stories they create Each story told in Sleepy Stories drifts deeper into a beguiling dream world, telling of an elastic gentleman who stretches his body across town to effortlessly slip into bed, or of another sleepy young man who curls inside an upside-down umbrella to take a snooze. In Diego Bianki's magical universe, the waking world is made small (a French press and a red top hat shrink before our eyes), while the dream world Levrero and his son Nicolás build together (a land of sly frogs, giant apes, and smiling squids) waltzes across the page. On the last of Bianki's whimsical illustrations, Nicolás holds the book over his father's nodding head and says, Another. This is a book to giggle with and curl up with, to take on every sleepy adventure.

Bedtime Stories for Adults Albert Piaget,2022-01-18 Are you finding it difficult to fall asleep and stay asleep for the required number of hours or do you find yourself waking up at night and having a hard time going back to sleep and find it hard to relax, even when you are tired? And are you looking for soothing and relaxing bedtime stories for adults that will effectively help your mind stop its incessant worrying and active thinking that makes it hard for you to fall asleep? If you've answered YES, keep reading... You've Just Discovered A Collection Of The Most Soothing And Relaxing, Adult Bedtime Stories That Will Get You To Sleep Without Feeling Like You Are Trying Too Hard And Getting Anxious About It! After a long day being busy, whether at work, at home, school or even traveling, nothing feels better than relaxing and getting a good night's rest. However, due to stress and other issues that arise, falling asleep and staying asleep may seem to take forever, as we toss and turn in bed, checking the clock and getting anxious with every passing minute that we can't fall asleep! The only way you can relax and unwind is if you can escape the ordinary and find something good that calms your anxious nerves, soothes and relaxes you as you drift off to sleep. Nothing beats bedtime stories at that! Yes, bedtime stories are not just for children – adults also need bedtime stories to wind down and take their minds off thoughts of the many things they wish to do or they haven't done! By virtue that you are here, it is clear you don't need more convincing to start reading bedtime stories for adults but are possibly wondering... What sort of stories will help you relax and wind down? Will I not get back to worrying after reading or will the stories be so soothing that you will fall asleep while at it? How are the stories optimized for getting you to sleep? Does the book have a variety of stories that you can choose from and cycle through for several days or even weeks? If you have these and other related questions, you will love this book! Here is what to expect in this book: A collection of captivating short stories that will calm you down and make you somewhat 'disconnect' from your worries and thoughts so you can calm down and sleep easily The stories are written with a nice flow such that you'll find yourself lost in them The stories allow you to shift from the real world to a fantasy world where you forget your problems and just relax Each story is well crafted and entertaining such that when you start reading, you cannot stop something that will keep off your worries and get you to sleep effortlessly And much more! As much as it is hard to forget your problems, it is particularly important that you try your best to engulf yourself in these stories. They will help you reduce stress, fall asleep faster, keep off anxiety, as well to ensure you get a good night's rest! And with the stories in this book, you are in for a treat! Even if you've never been the kind of person to use bedtime stories, these ones are sure to ensure you fall asleep fast, without trying too hard! Scroll up and click Buy Now With 1-Click or Buy Now to get started!

Let's Go to Sleep Maisie Reade,2016-05-03 These days, even a preschooler's bedtime can be rushed and tense after a busy day of classes, playdates, and increasing screen time. Winding down has become more difficult for everyone in the family. Read Me to Sleep stories are designed to soothe the child and the adult, with calming text and prompts that effortlessly encourage both reader and listener to breathe deep and dream. The first story, Let's Go to Sleep, is a journey through magical Forest of Dreams, where Mama Bird leads a drowsy crew of animal friends on the gentle journey to sleep. Each Read Me to Sleep story features opportunities to personalize the text for deeper meaning and optimal comfort, cues to help readers slow down and use their voices more effectively for bedtime, and deep breathing embedded in the narrative to maximize relaxation for both adult and child.

Nod Adrian Barnes,2015-09-01 Dawn breaks over Vancouver and no one in the world has slept the night before, or almost no one. A few people, perhaps one in ten thousand, can still sleep, and they’ve all shared the same golden dream. After six days of absolute sleep deprivation, psychosis will set in. After four weeks, the body will die. In the interim, panic ensues and a bizarre new world arises in which those previously on the fringes of society take the lead. Paul, a writer, continues to sleep while his partner Tanya disintegrates before his eyes, and the new world swallows the old one whole.

A Sleepy Story Elisabeth Burrowes,1982 A mother tells her daughter a bedtime story in which each of several animals hears the same bedtime story from

its mother.

The Froggies Do NOT Want to Sleep Adam Gustavson,2021-06-08 Prepare for a different kind of bedtime book--a zany, imaginative adventure to send your little froggies off to dreamland. Not since David Weisner's Tuesday have frogs had so much fun! Why go to bed when you can play the accordion, dance underwater ballet, and hold burping contests with strange alien lifeforms? For every kid who ever came up with an outlandish excuse for why it can't be bedtime yet, these froggies' antics will delight and entertain. Acclaimed illustrator Adam Gustavson's raucous authorial debut shows parents there's more than one way to do bedtime.

Don't Wake the Dragon Bianca Schulze,Clever Publishing,2020-05-19 Don't Wake the Dragon is a fantastic and interactive bedtime story featuring a sound-asleep dragon who under no circumstances is to be woken up! Children are tasked with checking in on the sleeping dragon as the castle cook drops his pots and pans and when the knights throw a loud birthday party. It isn't until the whole kingdom settles down that the dragon wakes up. What is the kingdom to do? Designed to be read aloud and interacted with, parents will take pleasure in the playful text as much as children will enjoy gently rocking the book from side to side as they sing the dragon a lullaby. When the story finally comes to an end, and the gentle lullaby is repeated, the dragon (and the child!) is encouraged to drift off to sleep. The whimsical and colorful illustrations enable the dragon to jump off the page and will delight the reader with its humor and personality on every page. Creates a wonderful bedtime ritual with children that they will look forward to every night.

Sleepyheads Sandra J. Howatt,2016-08-02 Drowsy animal babies snuggle in trees, caves, weeds, and on waves, but one sleepyhead isn't yet in his bed--
Life with My Family Renee Hooker,Karl Jones,2018-10-16 Cute and familiar. - Kirkus From New York Times Best-Selling illustrator, Kathryn Durst, and Penguin Workshop editors and authors, Renee Hooker and Karl Jones, comes a tale of a young girl who imagines her family as a pandemonium of parrots, a swarm of bees, a smack of jellyfish, a wisdom of wombats, and more! When a young girl gets frustrated with her chaotic life at home, she imagines what things would be like if her family were animals instead. Would life be better as a pod of pelicans, a pride of lions, or a herd of buffalo? Or is it ultimately a family of humans that she needs? In this beautifully illustrated book, young readers learn the names for groups of animals through a sweet, whimsical narrative that focuses on the importance of family.

Bedtime Stories: The Junior Novel Disney Book Group,2011-01-25 Night manager at the swanky Madison hotel Skeeter Bronson is about to begin fighting for his job when he gets roped in to baby-sit his niece and nephew. He figured it should be a walk in the park, but when his bedtime stories start coming true he doesn't know if it's a blessing or a curse! Soon rainbow gumballs start falling from the sky...and that's not even the strangest thing that happens!

Sleep Tight Farm Eugenie Doyle,2016-08-02 It is December, and there are many things for the family to do around the farm to get it ready for winter.
Pete the Cat and the Bedtime Blues James Dean,Kimberly Dean,2015-10-06 Bedtime is always fun with this hilarious bedtime story from Kimberly and James Dean's New York Times bestselling Pete the Cat series. Pete the Cat and his friends are having so much fun playing and surfing in the sun, they don't want the day to end. Pete has an idea—how about a sleepover? Groovy! As the night gets later, it's time for bed. This cool cat needs to catch some ZZZs, but Pete's friends aren't ready to go to sleep just yet. Then Pete has another idea—a bedtime story! But will it work? The musical text and comforting repetition are perfect for nighttime read-alouds. Kids will be eager to snuggle under the covers and drift off to sleep to this bedtime story along with Pete's really cool friends. Don't miss Pete's other adventures, including Pete the Cat: I Love My White Shoes, Pete the Cat: Rocking in My School Shoes, Pete the Cat and His Four Groovy Buttons, Pete the Cat Saves Christmas, Pete the Cat and His Magic Sunglasses, Pete the Cat and the New Guy, Pete the Cat and the Cool Cat Boogie, Pete the Cat and the Missing Cupcakes, Pete the Cat and the Perfect Pizza Party, and Pete the Cat: Crayons Rock!

Bedtime Stories for Stressed Out Adults Various,2018-10-18 PICKED FOR WORLD BOOK NIGHT 2020 THE PERFECT READ TO CALM YOUR MIND IN TIMES OF STRESS **** As recommended by RED magazine **** 'Dreamy' STYLIST 'Calm and restore an anxious mind before sleep... the most beautiful book that will, without a doubt, put you in the mood for some zzzzzs.' the SUN 'Hurrah for a book that draws us away from the cold blue light of the smart phone and into the soothing glow of poems, short stories and extracts' THE SIMPLE THINGS Introduced by Lucy Mangan * * * Tales to soothe tired souls. A night time companion for frazzled adults, including calming stories and poems for a good night's sleep. * * * This cheering book of best loved short tales, extracts and poems will calm and restore an anxious mind before sleep. A good night's sleep is essential for our well being and our health, but in our busy lives sleep is often poor and overlooked. Now is the time to stop a while and find consolation and wonder in other worlds where all is well and sleep just a page or two away. From classic stories by Oscar Wilde, Guy de Maupassant and Katherine Mansfield, to friendly tales of our childhoods, to poetry that reminds us of the simple joys of life, this lovingly curated book will soothe a tired mind and gently carry you to the peaceful land of sleep. So switch off, snuggle down and allow yourself to escape into new worlds and old; magical, mysterious and tender realms that will accompany you to your own sweet dreams.

Bedtime Stories for Adults Calm Therapy Centre,2021-05 ☆ 55% OFF for Bookstores! NOW at \$ 32,95 instead of \$ 51,07☆ What if you can't even sleep tonight? You can't sleep during this period, and you are losing your mind... Sleepless nights watching the ceiling and counting the sheep and then days full of commitments, between work, home, and family and you don't know how to do; you risk a hysterical crisis. But what else can you do? You have tried to drink herbal teas before sleep, take relaxing pills but nothing, you can not relax and sleep; now you are desperate, you think there is nothing that can help you go back to sleep. There is no need to drink miraculous concoctions or take toxic pills, and you can try to read! Yeah, you got it right! Reading relaxing stories can help you overcome this nightmare and bring you back to the beauty of a refreshing rest! Your Customers will never stop to use this book. In this book, you can learn How to Use These Stories and How They Work to help you fight insomnia triggered by anxiety states. Be Amazed by Relaxing Bedtime Stories that will help you find a quiet sleeping thanks to the serenity climate they give you. That will allow you to relax, abandoning the agitation that too often disturbs the moment of falling asleep, making it difficult. Reading before falling asleep is useful for the mind; the book's pages reconcile sleep because, getting lost in a story, the imagination is free to reach unknown places and know new heavens and lands. Reading, on the other hand, allows the mind to relax as few other activities can do. It is now known, in fact, that while we read, the levels of stress are lowered, and the heart rate slows down. What are you waiting for? Here is the healing to your problems! Take this collection of short stories written thinking about you with the scope to gift you with peaceful, resting nights, rich in descriptions to make your imagination fly to another, fantastic world. Buy it NOW and let your customers get addicted to this amazing book

365 Bedtime Stories Om Books Editorial Team,2007-12-01 Bedtime will now be a time of magical fairies, mischievous elves, wicked witches and talking animals! Enter a wondrous land of fantasy and fun.

Your Sleep Story Matt Bianchi,2018-01-27 Are you tired of exaggerated health headlines and sensational promises of perfect sleep? Are you motivated by practical solutions and doubtful of one-size-fits-all claims? Then this book is for you. Everyone has a sleep story. Maybe people envy your ability to fall asleep on command and awaken without hitting the snooze button. Maybe you've always slept lightly, hearing every little noise, and never quite feeling like you've reached that refreshing slumber other people talk about. Whether your sleep story feels more like a boring almanac or a mystery thriller with nightly plot twists, you'll find common ground in this no-hype guide to sleep health. In every aspect of health, making good decisions means placing information into context. Nowhere is this more important than in sleep health. Your story is your context. This book is your guide to sifting through the mountains of information and advice about sleep for what matters most to you. Whether you're just getting started making sleep a priority, or you're already working

through health concerns like insomnia or sleep apnea, you need practical information that fits into your story. Are you ready to make your own decisions about your sleep using information that is important to you? Then don't allow headlines and hype to distract you. Just start. Right here.

Peaceful Tales Vol. 1 Bonnie O'Neill,2013-04-08 A UNIQUE, NATURAL APPROACH TO FALLING ASLEEP. Bedtime stories have been used to help children fall asleep for centuries. What about the rest of us? We could certainly use some help. These fanciful tales will allow you to relax and transport yourself to another place, a peaceful place. They are gentle stories written intentionally without conflict. There aren't a lot of writers who want reviews to say Your book put me to sleep. Well, I do - that's my entire goal.I have suffered from sleepless nights most of my life - until now. With your mind focused on something positive and peaceful, you can allow yourself to drift off. I like to call them mini vacations for the mind. You can also use them as your happy place whenever the need arises. I read them at the dentist office.Why not give it a try - it's unique, easy, and fun. You shouldn't have to WORK at going to sleep. All I am asking is: Give Peaceful Tales a Chance. Peaceful Tales will soon be available as an audio book/mp3. I look forward to reading you to sleep.Peace and Pleasant Dreamsp.s. Please allow yourself to BE the main character in each and every story. It's important. Let your imagination work FOR you, instead of against you. That way your overly busy brain will connect more with each tale and help transport you to a place where everyone gets exactly the amount of sleep they need, wakes up refreshed each morning, feels ready - and excited - to greet the day.>Fall asleep naturally - no pills, no work, no kidding. >Use it to go to your happy place whenever or wherever.>Written by someone who's had hundreds of sleepless nights. >Unique, Fun, and EASY!

Embracing the Song of Appearance: An Psychological Symphony within **Sleep&sorty**

In a world consumed by monitors and the ceaseless chatter of fast interaction, the melodic splendor and mental symphony created by the prepared term frequently diminish in to the back ground, eclipsed by the relentless noise and distractions that permeate our lives. However, located within the pages of **Sleep&sorty** a marvelous fictional treasure full of raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths of the moving analysis, we can explore the book is key harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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Sleep&sorty Introduction

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