

Snoozby

and the Great

Big

Bedtime
Battle



Terry Cralle, RN

W. David Brown, PhD

Illustrated by Margeaux Lucas

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This book is dedicated to

Genevieve Piturro

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providing new pajamas and new books

to children in need nationwide,

and to our sleep superheroes

Den

David

Christopher

and

Will

<http://www.pajamaprogram.org>

Dear Friends, Parents and Educators,

Simply put, sufficient sleep is a win-win proposition. Sleep helps everyone think better, learn better, focus better—and just plain do better. Yet many adults fail to understand the importance of sleep health and wellness, let alone effectively communicate that message to children.

Most of us don't fully understand sleep and the many ways it affects the quality of our lives. Our need for sleep is as basic as our need for food and water, and it must be considered as such if we are to lead healthy lives. Sleep, diet and exercise form the very foundation of health and well-being.

Meeting daily sleep requirements maximizes thinking, learning, memory, productivity, mood, decision-making, behavior, focus, judgment and safety for adults and children alike. It is imperative that children understand the importance of sufficient sleep if they are to reach their full potential. If we can help children understand why we all need sleep, as well as the importance and benefits of sufficient sleep, bedtime can easily become a positive, relaxing, peaceful and reflective time of day.

It is critical that we view sleep with positivity and respect. We urge adults to never use sleep or an early bedtime as a punishment or negative consequence for a child of any age. When everyone's knowledge and awareness about sleep is increased, sufficient sleep becomes a personal value as well as a family, community, and societal value.

As sleep educators and clinicians, we believe it is never too early to start the dialogue about sleep. Sleep research has demonstrated that getting sufficient, quality sleep is vitally important, especially for children. Therefore, it is essential to instill good sleep habits in our children to achieve the maximum benefits that healthy sleep provides, as well as to lay the foundation for a healthier and happier adulthood and enhanced quality of life.

Demonstrating that sleep is for winners and providing an overview of the daytime benefits of nighttime sleep are our goals for this book. In the first of the *Snoozby Sleep* series, we provide the basic tenets of the benefits of quality sleep—based on current sleep-medicine research—in an easy-to-read format. Children's fundamental awareness and understanding of the value of sleep will lead to improved attitudes and responses from both children and parents to bedtime, to falling asleep, and to waking up during the night.

We encourage parents and educators to discuss sleep early and often with children in an effort to reinforce the vital importance of sleep. It is our hope that this series will encourage all readers to not only obtain sufficient sleep, but to make sleep health a priority. Let's work together to enhance the value of sleep in our families and communities. If we can do this, we will all enjoy healthier, happier, more productive and safer lives.

Sweet dreams,

Terry Cralle, RN, MS
Certified Clinical Sleep Educator

W. David Brown, PhD, DABSM, CBSM
Sleep Psychologist

Sleep Requirements Based on Age According to the National Sleep Foundation

CATEGORY	AGE	NUMBER OF HOURS EACH DAY
Newborns	0–3 months	14 to 17
Infants	4–11 months	12 to 15
Toddlers	1–2 years	11 to 14
Preschoolers	3–5 years	10 to 13
School-age children	6–13 years	9 to 11
Teenagers	14–17 years	8 to 10
Young Adults	18–25 years	7 to 9
Adults	26–64 years	7 to 9
Older adults	65+ years	7 to 8



I've got a secret.

When everyone is sleeping,
I'm fighting sleep!



PLEASE go back to bed, Sam!



***Snoozby and the Great Big Bedtime Battle* begins with a day in the life of a young boy named Sam—who resisted sleep the night before and now faces the numerous and often frustrating challenges of sleep deprivation that both children and adults will relate to.**

“Sleep is the forgotten country and is not getting the attention it merits. It plays out in the home, in the pediatrician’s office, and in school. Sleep is an important factor in the lives of children.”

—Mary A. Carskadon, PhD
Professor, Psychiatry & Human Behavior
The Alpert Medical School of Brown University
Director, Chronobiology & Sleep Research
EP Bradley Hospital

Certified Clinical Sleep Educator **Terry Cralle**, RN, and **W. David Brown**, PhD, DABSM, CBSM, have crafted relevant sleep research findings into *Snoozby and the Great Big Bedtime Battle* to educate children about the impact sleep has on their daily lives. This illustrated book shows the stark contrast between being sleep deprived and being well rested. Young readers and their parents or caregivers, teachers, and other influential adult role models will learn about the importance of sufficient sleep through following a day in the life of eight-year-old Sam as narrated by Snoozby the Pillow. As Sam “fights” bedtime to stay awake and play, Snoozby “defends” sleep and the bedtime battle ensues. The reader will see, however, that while Sam may have won the bedtime battle that night, he lost the war when his day at school is completely disrupted due to his lack of sleep. Readers will see the “cause” and “effect” of good sleep—and subsequently that sleep prevails, thanks in part to some heroics on Snoozby’s part. Ultimately, Snoozby is victorious in his quest to defend the need for sleep and the reader’s take away will be that there is no point in fighting sleep. After all, we sleep to win.



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