

Bedtime App

Sandra Boynton

Right Before Sleep Miro Tartan,2020-12-02 The little ones will have so much fun listening and reading this funny rhyme story that takes place right before sleep. Milo and Cat have a very effective sleep routine, but this night, it just doesn't work! They even know a few tricks that helped them quickly fall asleep before. When these tricks won't work - at least not for Milo - it takes a lot of creativity, Cat's magic whiskers, the Know It All book, and a drop of exaggeration to lead Milo to dreamland. □ Who's going to fall asleep first? Milo, Cat or you? □ Short extract from the story It was right before sleep, it was already night, But for Milo and Cat, something wasn't quite right! ... We tried counting sheep and we counted the stars, We even tried counting the distance to Mars. ... We'll be sleeping in no time; without any doubt. Trust my whiskers, said Cat. We will figure it out! ... This should have some clues, so let's go have a look There's always advice in the KNOW IT ALL book. ...

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 Math: A Fun Excuse to Stay Up Late Laura Overdeck,2013-06-25 Our mission: to make math a fun part of kids' everyday lives. We all know it's wonderful to read bedtime stories to kids, but what about doing math? Many generations of Americans are uncomfortable with math and numbers, and too often we hear the phrase, I'm just not good at math! For decades, this attitude has trickled down from parents to their kids, and we now have a culture that finds math dry, intimidating, and just not cool. Bedtime Math wants to change all that. Inside this book, families will find fun, mischief-making math problems to tackle—math that isn't just kid-friendly, but actually kid-appealing. With over 100 math riddles on topics from jalapeños and submarines to roller coasters and flamingos, this book bursts with math that looks nothing like school. And with three different levels of challenge (wee ones, little kids, and big kids), there's something for everyone. We can make numbers fun, and change the world, one Bedtime Math puzzle at a time.

The Going to Bed Book Sandra Boynton,2004-09 Boyton's classic bestseller is now available in this lap-sized board book edition. An assortment of animals on a boat take a bath, put on their pajamas, brush their teeth, and exercise before going to bed. Full color.

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.

10% Happier Dan Harris,2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATIERAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harrisembarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America’s spiritual scene, and leaves them with a takeaway that could actually change their lives.

Why We Sleep Matthew Walker,2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

Restless in Sleep Country Paul Huebener,2024-05-14 Sleep, and the lack of it, is a public obsession and an enormous everyday quandary. Troubled sleep tends to be seen as an individual problem and personal responsibility, to be fixed by better habits and tracking gadgets, but the reality is more complicated. Sleep is a site of politics, culture, and power. In Restless in Sleep Country Paul Huebener pulls back the covers on cultural representations of sleep to show how they are entangled with issues of colonialism, homelessness, consumer culture, technology and privacy, the exploitation of labour, and the effects of the Covid-19 pandemic. Even though it almost entirely evades direct experience, sleep is the subject of a variety of potent narratives, each of which can serve to clarify and shape its role in our lives. In Canada, cultural visions of slumber circulate through such diverse forms as mattress commercials, billboards, comic books, memoirs, experimental poetry, and bedtime story phone apps. By guiding us through this imaginative landscape, Huebener shows us how to develop a critical literacy of sleep. Lying down and closing our eyes is an act that carries surprisingly high stakes, going beyond individual sleep troubles. Restless in Sleep Country illuminates the idea of sleep as a crucial site of inequity, struggle, and gratification.

Bedtime Stories Treasury (Book and 6 Downloadable Apps!) Little Grasshopper Books,2020-05-22 This Little Grasshopper Book presents charming retellings of traditional bedtime stories, as well as songs and poems that will engage children. From toddlers who listen to the stories read by a caregiver to each story's app, to older kids on the road to reading. Whimsical illustrations bring to life the stories of Country Mouse, City Mouse, Peter Rabbit, Little Red Riding Hood, The Three Little Pigs, Little Red Hen, and Three Billy Goats Gruff. The child can hear each story read aloud, see the words of the story changing color on screen as they are read, hear fun sound effects that enhance the story, and play interactive learning games based on the story. For an

extra layer of interactive learning and fun, the stories are paired with digital content. Parents can download the Little Grasshopper Library app to a smartphone or tablet, iPhone or Android, and then access the app for content for each story. 160 pages, padded hardcover

Why You Love Music John Powell,2016-06-14 A delightful journey through the psychology and science of music, Why You Love Music is the perfect book for anyone who loves a tune. Music plays a hugely important role in our emotional, intellectual, and even physical lives. It impacts the ways we work, relax, behave, and feel. It can make us smile or cry, it helps us bond with the people around us, and it even has the power to alleviate a range of medical conditions. The songs you love (and hate, and even the ones you feel pretty neutral about) don't just make up the soundtrack to your life -- they actually help to shape it. In Why You Love Music, scientist and musician John Powell dives deep into decades of psychological and sociological studies in order to answer the question Why does music affect us so profoundly? With his relaxed, conversational style, Powell explores all aspects of music psychology, from how music helps babies bond with their mothers to the ways in which music can change the taste of wine or persuade you to spend more in restaurants. Why You Love Music will open your eyes (and ears) to the astounding variety of ways that music impacts the human experience.

Eat to Sleep Karman Meyer,2019-05-14 Utilize food as your all-natural solution to sleeplessness with this easy guide that teaches you just what to eat—and when to eat it—to fall asleep faster and wake up refreshed. We’ve all heard that it’s the turkey that makes you so sleepy after every Thanksgiving dinner, and a cup of warm milk is just the thing to help you settle down for night, but it may surprise you to find just how much what you eat can affect how well you sleep at night. Whether you experience occasional insomnia or suffer from chronic sleeplessness, Eat to Sleep explains which foods to eat and when to eat them in order to get the best night’s rest possible. With information on how to easily incorporate “sleepy” foods into your diet, and how to prepare your food to increase its sleep-inducing effectiveness, Eat to Sleep shows you the way to getting optimal shuteye—naturally.

Bedtime for Bo Kjersti Annesdatter Skomsvold,2023-02-07 A New York Times/New York Public Library Best Illustrated Children's Book of 2022 □ Stretch like a giraffe and snuggle like a meerkat with Bo and Mommy as they get ready for bed! It’s time for bed, but little Bo isn’t ready to stop playing quite yet! As his mother gamely guides him through his nighttime routine, he imitates various animals—a hibernating bear after eating a snack, a snuggling sea otter when taking a bath, a coiled python while curling up under the covers... Mommy joins in on the fun and keeps one step ahead of Bo until he falls asleep, soaring like a bird into the world of dreams. A lively and imaginative take on getting ready for bed that celebrates creative family play and the joyous love between mother and son.

The Prince's Bedtime Joanne Oppenheim,2018-09-01 Meet a young prince who refuses to go to sleep! The entire kingdom comes out to lend a hand in this rhyming bedtime adventure. There is a hullabaloo of activity—jugglers juggling, magicians hypnotizing, dancers dancing—but it is the wonder of a good story that finally does the trick.

Hey A.J., It's Bedtime! Martellus Bennett,2018-03-27 Don't miss the next adventure in NFL superstar and Super Bowl champion Martellus Bennett's Hey A.J. series! It's A.J.'s bedtime, but when there's a party in your room, it's hard to get some rest. And everyone knows A.J. and her friends party the best! Party monsters, jazztronauts, dinosaurs, the pizza man, and zombies all want to dance. To sleep or entertain friends? An epic party never ends! Unbox the fun and let more adventures begin in Hey A.J., It's Bedtime! Available in trade paperback and limited deluxe boxed-set editions.

Time for Bed Mem Fox,1997 As darkness falls, parents get their children ready for sleep.

The Wonder Weeks Frans X. Plooij,Hetty van de Rijt,Xaviera Plas,2017-09-05 This is not a book about how to make your child into a genius, however. We firmly believe that every child is unique and intelligent in his own way. It is a book on how to understand and cope with your baby when he is difficult and how to enjoy him most as he grows. It is about the joys and sorrows of growing with your baby.--Publisher's website.

Bedtime Bonnet Nancy Redd,2022-01-18 This joyous and loving celebration of family is the first-ever picture book to highlight Black nighttime hair traditions--and is perfect for every little girl who knows what it's like to lose her bonnet just before bedtime. In my family, when the sun goes down, our hair goes up! My brother slips a durag over his locs. Sis swirls her hair in a wrap around her head. Daddy covers his black waves with a cap. Mama gathers her corkscrew curls in a scarf. I always wear a bonnet over my braids, but tonight I can't find it anywhere! Bedtime Bonnet gives readers a heartwarming peek into quintessential Black nighttime hair traditions and celebrates the love between all the members of this close-knit, multi-generational family. Perfect for readers of Hair Love and Crown: An Ode to the Fresh Cut!

Smartphone Apps for Health and Wellness John P. Higgins,Mathew P. Morico,2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users’ goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. Summarizes smartphone apps with the best evidence to improve health and wellness Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

The Magic of Sleep Michael Acton Smith,2019-10-24 We have spent decades optimising our waking hours, but what about the precious hours after we doze off (or try to)? The Magic of Sleep tells you everything you've ever wanted to know about sleep but were too tired to ask. As the most active time for our brains and the most important element to a calmer, happier life, sleep has become the topic of our times. Drawing on the success of Calm, the #1 app for sleep, meditation and relaxation, Michael Acton Smith writes the ultimate guide to good sleep. Beautifully illustrated and packed with fascinating facts and anecdotes, this book contains life-changing tips. At once a bedside companion and a sleeping aide, The Magic of Sleep will be your solution to a better sleeping life, improving each of your waking hours. - Reduce your sleepless nights by finding the perfect soundtrack for dozing off - Learn the new science of sleep, including how to create ideas while you're asleep - Discover the best recipes for home-made drinks that will make you drowsy - Get to know your subconscious by starting a sleep journal and exploring lucid dreaming It's time to optimize sleep.

Sleep Problems: Diagnosis, Biomarkers, Interventions, and Treatments Haitham Jahrami,Nina Christmann,2023-10-25 Sleep medicine is a burgeoning field, owing to the fact that several sleep disorders may cause and/or exacerbate serious conditions like psychiatric disorders, cardiovascular disease, stroke, type 2 diabetes, and obesity and lead to an overall reduction of quality of life. Also, poor sleep increases community costs due to increased motor vehicle accidents and loss in productivity. Furthermore, while chronic sleep deprivation leads to a significant loss

of quality of life, short-term sleep deprivation is a powerful therapeutic option for depression - which emphasises the very complex and still not fully understood interaction between the physiology of sleep and psychiatric disorders.

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