# **Sleepyhead**

Flora Chang

Sleepyhead Mark Billingham,2013-07-09 "A British police procedural as good as those produced by crime queens Elizabeth George and Ruth Rendell." —USA Today His first three victims ended up dead. His fourth was not so fortunate . . . Alison Willetts is unlucky to be alive. She has survived a stroke, deliberately induced by a skillful manipulation of pressure points on the head and neck. She can see, hear, and feel and is aware of everything going on around her, but is completely unable to move or communicate. Her condition is called locked-in syndrome. In leaving Alison Willetts alive, the police believe the killer made his first mistake. Then DI Tom Thorne discovers the horrifying truth; it isn't Alison who is the mistake, it's the three women already dead. The killer is getting his kicks out of toying with Thorne as much as he is pursuing his sick fantasy, and as the detective zeroes in on a suspect, he finds himself pushed to his personal and professional limits . . . This is the "exceptional" first novel in the long-running series by an international bestselling author (George Pelecanos). "The best thriller debut of the year." —Rocky Mountain News "A world-class crime writer." —Karin Slaughter

Sleepyhead Henry Nicholls,2018-03-01 When Henry Nicholls was twenty-one, he was diagnosed with narcolepsy: a medical disorder causing him to fall asleep with no warning. For the healthy but overworked majority, this might sound like an enviable condition, but for Henry, the inability to stay awake is profoundly disabling, especially as it is accompanied by mysterious collapses called cataplexy, poor night-time sleep, hallucinations and sleep paralysis. A writer and biologist, Nicholls explores the science of disordered sleep, discovering that around half of us will experience some kind of sleep dysfunction in our lives. From a CBT course to tackle insomnia to a colony of narcoleptic Dobermans, his journey takes him through the half-lit world of sleep to genuine revelations about his own life and health. Told with humour and intelligence, Sleepyhead uses personal reflections, interviews with those with sleep disorders and the people who study them, anecdotes from medical history and insights from art and literature to change the way we understand our sleeping hours.

Time for Bed, Sleepyhead Dr. Daniel Amen,2016-09-06 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.

Sleepyhead Karma Wilson,2006-10-01 Sleepyhead, Sleepyhead. Good night, good night, my Sleepyhead. Your teeth are brushed, your book is read. Go to sleep. It's time for bed. One more book, says Sleepyhead. Illustrated with great whimsy, this story from the bestselling author of Bear Snores On takes readers on an enchanting bedtime journey through dreamscape and landscape and back again.

<u>Little Sleepyhead</u> Elizabeth McPike,2015 After a day filled with loved ones and fun, baby is sleepy from head to toe--

Night-Night, Sleepyhead Jean McElroy,2010-08-31 As night falls, the forest animals prepare to sleep. On board pages.

**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--

Wake Up, Sleepyhead! Levin Kipnis,2021-08-03 As all kids know, waking up in the morning is hard to do! So finally here are three lighthearted stories that speak to the plight of the night owl. In the first story, Jake is snoozing so soundly that the whole neighborhood must band together to wake him up. In the second, "Sleepyhead" wakes up late and her whole family races to get her ready for school. In the third, three lazy brothers strive to be the laziest one of all. In Wake Up, Sleepyhead!, Levin Kipnis' amusing rhymes are perfectly paired with Noam Weiner's hilariously expressive illustrations. These comically anarchic tales are a delightful read for sleepy kids and the parents who rouse them from their slumber.

Sleepyhead Karma Wilson,2009-01-01 Sleepyhead, Sleepyhead. Good night, good night, my Sleepyhead. Your teeth are brushed, your book is read. Go to sleep. It's time for bed. One more book, says Sleepyhead. Illustrated with great whimsy, this story from the bestselling author of Bear Snores On takes readers on an enchanting bedtime journey through dreamscape and landscape and back again.

Sleepyhead Henry Nicholls,2018-09-04 A narcoleptic's tireless journey through the neuroscience of disordered sleep Whether it's a bout of bad jet lag or a stress-induced all-nighter, we've all suffered from nights that left us feeling less than well-rested. But for some people, getting a bad night's sleep isn't just an inconvenience: it's a nightmare. In Sleepyhead, science writer Henry Nicholls uses his own experience with chronic narcolepsy as a gateway to better understanding the cryptic, curious, and relatively uncharted world of sleep disorders. We meet insomniacs who can't get any sleep, narcoleptics who can't control when they sleep, and sleep apnea victims who nearly suffocate in their

sleep. We learn the underlying difference between morning larks and night owls; why our sleeping habits shift as we grow older; and the evolutionary significance of REM sleep and dreaming.

Charming, eye-opening, and deeply humanizing, Sleepyhead will help us all uncover the secrets of a good night's sleep.

Little Sleepyhead Elizabeth McPike,2016-05 After a busy day filled with loved ones, adventure, and fun, baby is tired from head to toe.

I Love You, Sleepyhead Claire Freedman,2008 Look, little child, as the night is unfurled, the animals are going to bed all around the world. As the sun slowly fades and the soft, silver moon rises, the baby animals are snuggling down to sleep while their mommies watch over them. This enchanting lullaby, with breathtakingly real illustrations, makes the perfect bedtime storybook for sleepyheads everywhere.

Sleepyhead Flora Chang,2017-11-09 This rhyming picture book describes the bedtime rituals of various animals, whether it's eating a bedtime snack or brushing one's teeth, and introduces very young readers to numbers and new words. The final spread features a mirror which young children can see themselves in, helping to develop their concept of self. The bedtime theme helps introduce children to the concept of routines, another important aid to learning. Reading the rhyming text helps to familiarise babies with the patterns of speech, and is ideal for helping young children learn to speak and read. Talking and reading go together and this helps a baby to listen. Listening and talking help lay the foundations for language development. Contains 'active' words that encourage children to interact with the book.

**Sleepyhead Bear** Lisa Westberg Peters,2006-05 Bear tries to catch a few winks in his lair, but all sorts of bugs are bugging him.

The Sleepyhead's Bedside Companion Sean Coughlan,2010-01-26 This is a quirky, amusing, information-packed book for all lovers of sleep. It's a celebration of nature's greatest free gift, the perfect companion for the bedside table. It's the book to curl up with before falling asleep. It looks at the history, culture, folklore, language and science of sleep. Did you know that the siesta was once a British tradition? Why do we say 'sleep like a top'? Does counting sheep work? What are the very best sleeps? Who invented pyjamas? If dogs sleep so much, why are they always yawning? What are the best films about sleep? Do today's children have less sleep than Edwardian children? Does booze help or hinder sleep? Not only is sleep a great natural pleasure, it's also essential to good health. The book examines how a lack of sleep is increasingly seen as a health risk. Sleep is also the place of

dreams and nightmares. Why are so many dreams the same and what are the archetypal recurring dreams? What is the origin of the word 'nightmare'? And what do Bugs Bunny, the surrealists and Freud have to do with dreaming? Sleep is there to be enjoyed. It's not worth getting into bed for anything else.

Sleepyhead Mark Billingham,2013-07-09 It's rare for a young woman to die from a stroke and when three such deaths occur in short order it starts to look like an epidemic. Then a sharp pathologist notices traces of benzodiazepine in one of the victim's blood samples and just traceable damage to the ligaments in her neck, and their cause of death is changed from 'natural' to murder. The police aren't making much progress in their hunt for the killer until he appears to make a mistake: Alison Willetts is found alive and D.I. Tom Thorne believes the murderer has made a mistake, which ought to allow them to get on his tracks. But it was the others who were his mistakes: he doesn't want to take life, he just wants to put people into a state where they cannot move, cannot talk, cannot do anything but think. When Thorne, helped by the neurologist looking after Alison, starts to realise what he is up against he knows the case is not going to be solved by normal methods - before he can find out who did it he has to understand why he's doing it.

Sing a Song of Sleepy Head James William Foley, 1922

Goodnight Goodnight Sleepyhead Ruth Krauss,2004-05-25 In simple rhyming text, a child says goodnight to the things around her.

Sleepyhead and His Adventures Norma Nickerl,2016-09-28 Sleepyhead liked to sleep all day long and play all night. He did not like doing things around the house. This was something Mother did not like. He looked big and strong but was only three years old. Sleepyhead had to be careful. He was still a young bear!

Wake Up Sleepyhead, 2016-08-01 Picture Book (age 3-9)Sleepyhead loves to sleep and her parents can't wake her up. One day they announce a grand competition...whoever wakes up Sleepyhead wins a year's supply of banana bread! Hundreds line up down the street, but only the strangest will you meet!

Sleepyhead: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has

gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sleepyhead: Delia Owens "Where the Crawdads Sing" This mesmerizing coming-ofage story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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