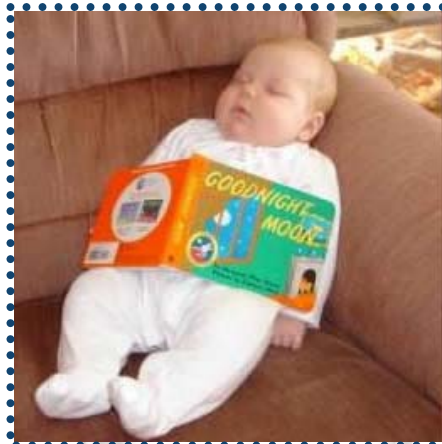




\*Visit [ehsnrc.org/publications](http://ehsnrc.org/publications) for full article

## Suggested Reading about Sleep for All Ages

Even very young babies can understand more about the world around them through listening to stories. Some stories about sleep talk about routines, others about the separation and fear a young child may feel when saying goodnight. **The following books about naps and bedtime can help infants, toddlers, and adults learn more about sleep together.**



- ✓ The Napping House by Audrey Wood and Don Wood
- ✓ Time for Naps by Jane Yolen and Hiroe Nikata
- ✓ Sleepyheads by Roberta Grobel Intrater
- ✓ Dulces Sueños: Sleep! by Roberta Grobel Intrater
- ✓ How do Dinosaurs say Goodnight? Jane Yolen and Illustrated by Mark Teague
- ✓ Sweet Dreams/Dulces Sueños by Pat Mora and Illustrated by Maribel Suarez
- ✓ The Going to Bed Book by Sandra Boynton
- ✓ Buenas Noches a Todos by Sandra Boynton
- ✓ Pajama Time by Sandra Boynton
- ✓ Llama Llama Red Pajama by Anna Dewdney
- ✓ Goodnight Moon by Margaret Wise Brown and Illustrated by Clement Hurd
- ✓ Buenas Noches, Luna by Margaret Wise Brown and Illustrated by Clement Hurd
- ✓ Guess How Much I Love You by Sam McBratney and Illustrated by Anita Jeram
- ✓ Adivina Cuánto te Quiero by Sam McBratney and Illustrated by Anita Jeram
- ✓ Time for Bed by Mem Fox
- ✓ Love You Forever by Robert N. Munsch and Illustrated by Sheila McGraw
- ✓ Peekaboo Bedtime by Rachel Isadora
- ✓ Goodnight Baby by DK Publishing
- ✓ Buenas Noches, Bebe! by DK Publishing
- ✓ Max's Bedtime by Rosemary Wells