



*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.

*Snoozby and the Great Big Bedtime Battle* is a groundbreaking nonfiction picture book for children about sleep health and wellness. Fully aware of the stressful bedtime battles that play out in homes around the globe every night, the authors raise awareness of the benefits of sleep while “disarming” children who are fighting sleep. In turn, sufficient sleep becomes a “win-win” proposition for everyone. In the end, Snoozby, the animated pillow, is the superhero and defender of sleep and is victorious in his bedtime battle with Sam. *Snoozby and the Great Big Bedtime Battle* is adeptly disguised as a pleasurable bedtime story, yet its content is firmly based on current pediatric sleep medicine research.

Written by Certified Clinical Sleep Educator

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**“Consider that (sleep) is one of the building blocks of your child’s health, well-being and academic success. It’s equivalent to good nutrition, exercise and all the other things we try to foster and provide for our children. You’ve got to put sleep right up there at the top of the list.”**

— Dr. Judith Owen

**“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

