An illustration of a child with long dark hair sitting in a bed at night. The child is wearing yellow pajamas with white polka dots and has a worried expression. The bed has a blue headboard and a red and white checkered blanket with circular patterns. To the left is a nightstand with a lamp and a digital clock showing 10:15. A window shows a night sky with stars and a moon. A cat is visible in the doorway on the right.

What to Do
When You

DREAD

YOUR BED

A Kid's
Guide to
Overcoming
Problems
With Sleep

by Dawn Huebner, Ph.D.
illustrated by Bonnie Matthews

CHAPTER
ONE

A Little Magic

Wouldn't it be great if you could climb into bed, snuggle under your covers, close your eyes, and fall asleep without any fuss or fear?

Without listening for noises or thinking about bad guys?

Without an extra drink, or an extra hug, or an extra trip to the bathroom?

Without feeling too hot, or having twitchy legs, or lying awake for hours with your eyes wide open, knowing you'll **NEVER** get to sleep?



☾ Draw yourself lying in bed.

☾ Circle the things that make it hard for you to sleep.

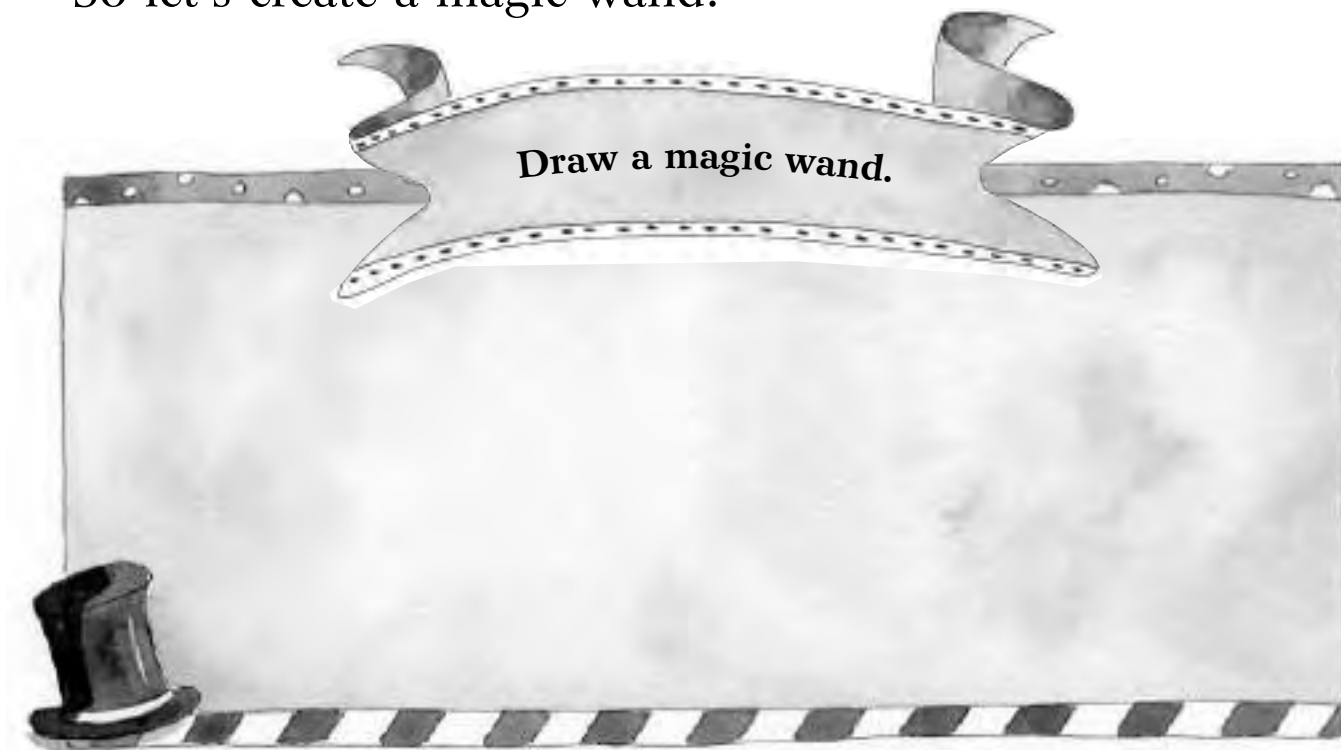


Maybe you're a kid who has had trouble sleeping for as long as you can remember. Or maybe your sleep troubles started more recently but aren't going away.

Maybe you feel scared when you get into bed, or you wake up in the middle of the night and need to be with someone to get back to sleep.

Maybe you can't settle down at bedtime because your body needs to be moving or your brain is too full of thoughts. Maybe you don't feel tired, or you are tired but you just can't sleep.

Maybe you think you're going to need a magic wand to make this problem go away. And maybe you're right. So let's create a magic wand.





What is a magic wand, anyway? It's just a stick of some sort, right? It can be a twig, a chopstick, a pencil, a drinking straw, or even your own finger. Anything long and narrow can be a wand.

But what about the magic part? Actually, anyone can create magic, because magic is really just a series of optical illusions, something that tricks your brain into seeing something that's different from what's really there.

So go find something you can use as a magic wand, and grab a rubber band. You're about to create some magic of your own.

The Jumping Rubber Band

1 Hold your right hand up, with your palm toward your face.

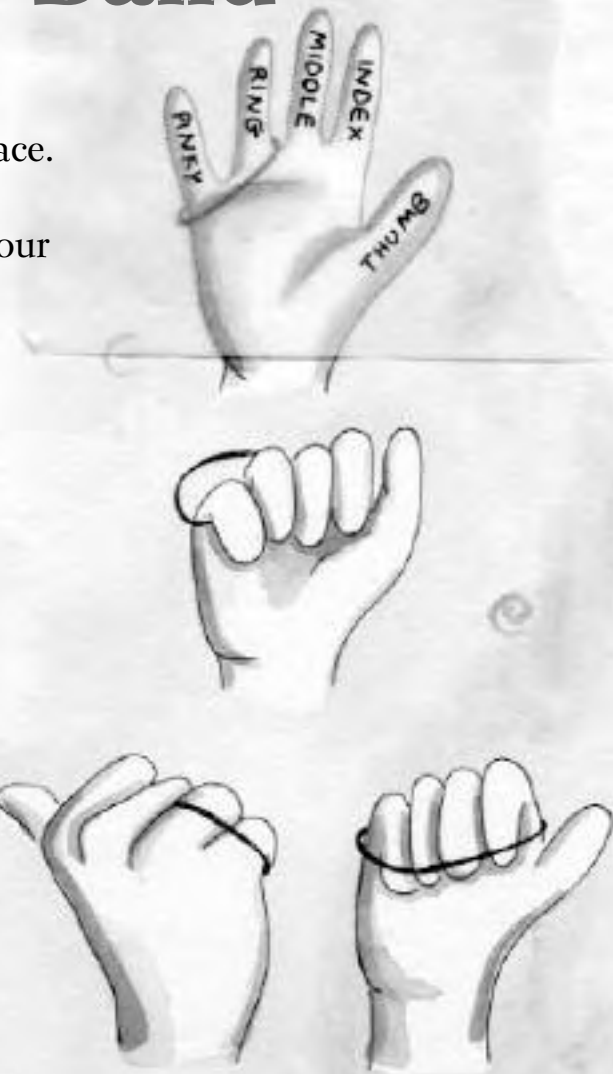
2 Place a rubber band around your ring finger and pinky.

3 Curl all of your fingers (but not your thumb) in toward your palm.

4 Stretch the rubber band around just the tips of your index finger, middle finger, ring finger, and pinky. The rubber band will now be tight against the back of your ring finger and pinky.

5 Keep your right hand curled in while you pick up your wand with your left hand. Wave the wand over your right hand, saying some magic-sounding words.

6 Let your right hand spring open. Watch the rubber band jump from your ring finger and pinky, where it started out, to your index and middle fingers. Magic!



Practice a bunch of times until you can quickly tuck your fingers and make the rubber band “jump” every time.



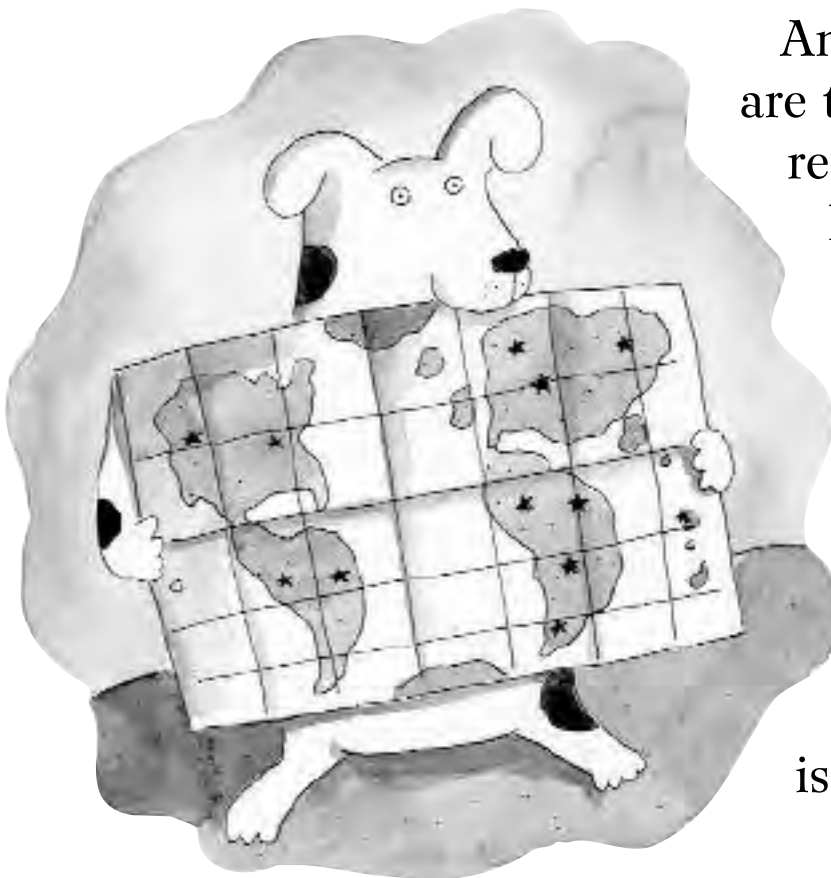
So you see, magic is about learning a bunch of steps, and then practicing over and over until you can do them smoothly.

Falling asleep is like that, too. Just a bunch of steps you do in a certain order and then – VOILA! – you’re asleep.

You might be thinking, “A bunch of steps? All you have to do is close your eyes!” But as you know, it isn’t always that easy. In fact, it can be really hard.

One of every three children has some sort of sleep problem. That means that in your class at school, there are probably six or seven kids who have trouble at night. You can't tell who they are. But you can be sure that some kids you know still sleep with their mom or dad, or sleep alone but feel scared about it, or take hours to fall asleep, or wake up every night with bad dreams.

So if you're reading this book because you have trouble sleeping, you're not alone. There are kids all over the country, and even all over the world, just like you.



And just like you, there are thousands of kids reading this book, learning to fall asleep and stay asleep without a hitch. Because really, there's more to it than just closing your eyes. There are a bunch of steps, and each one is important.

Think about the rubber band trick. If you decided to skip one of the steps, like tucking all your fingertips in, the trick would be a dud. No matter how many times you practiced opening and closing your fist, the rubber band would always stay on the same two fingers. If you don't follow all of the steps, it simply doesn't work.



It's the same with falling asleep. You need to do all the steps, exactly as they are described, to make it work.

But then it will work. Because even a problem that seems huge, like feeling scared every night or not being able to get to sleep on your own, can be solved pretty easily once you know the right steps.

Anyone can do it. Even you.

What-to-Do
Guides for Kids

What to Do When You **DREAD** YOUR BED

A Kid's Guide to Overcoming Problems with Sleep

Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed, and you're convinced that nothing short of magic will make nighttime easier, this book is for you.



What to Do When You Dread Your Bed guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights. This interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep and stay asleep—like magic!

What-to-Do Guides for Kids
Helping Kids Live Happier Lives

PRAISE FOR **What to Do When You Dread Your Bed**

"A 'must have' guide for parents and children who want to improve and create healthier sleep habits."

— KIM WEST, *The Sleep Lady*®,
author of *Good Night, Sleep Tight*

"This guide will turn bedtime tears and fears into sweet dreams and peaceful, restful nights."

— JUDITH OWENS, M.D., co-author of
*Take Charge of Your Child's Sleep: The All-in-One Guide
to Solving Sleep Problems in Kids and Teens*

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