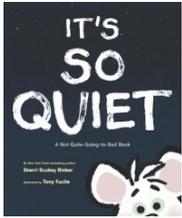


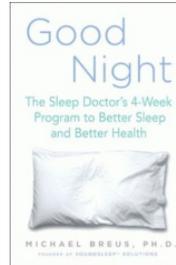
Let's Take a Nap!

We've pulled together some fun book picks to help you and your family make the most out of your sleep. Celebrate National Napping Day (yes, it exists!) on March 13 with some well deserved rest.

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It's so quiet : a not-quite-going-to-bed book / by Sherri Duskey Rinker, illustrated by Tony Fucile.
Rinker, Sherri Duskey, author.



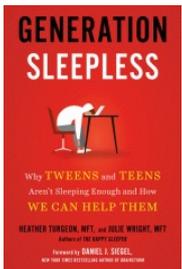
Good night : the sleep doctor's 4-week program to better sleep and better health / Michael Breus.
Breus, Michael.



Sharing the covers : every couple's guide to better sleep / Wendy M. Troxel, PhD.
Troxel, Wendy M, author.

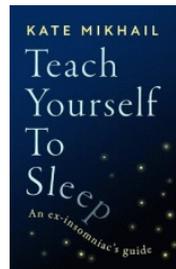


Snooze : the lost art of sleep / Michael McGirr.
McGirr, Michael, 1961- author.



Generation sleepless : why tweens and teens aren't sleeping enough and how we can help them / Heather Turgeon, MFT, and Julie Wright, MFT ; foreword by Daniel J. Siegel, MD.

Turgeon, Heather, author.

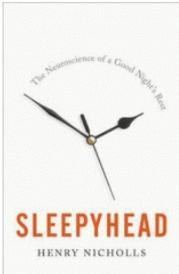


Teach yourself to sleep : an ex-insomniac's guide / Kate Mikhail.
Mikhail, Kate, author.

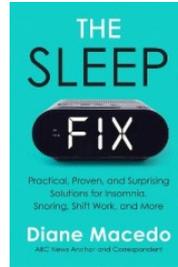
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Sleepyhead : the neuroscience of a good night's rest / Henry Nicholls.
Nicholls, Henry, 1973- author.



The sleep fix : practical, proven, and surprising solutions for insomnia, snoring, shift work, and more / Diane Macedo.
Macedo, Diane, author.



Complete guide to sleep care : best practices for a restful and happier you / Kiki Ely.
Ely, Kiki, author.



The magic of sleep / written and illustrated by Vicky Woodgate.
Woodgate, Vicky, author, illustrator.