

The Sweet Dreams Express

Buckle up for a lyrical bedtime ride that guides little ones on a special, meditative journey aboard *The Sweet Dreams Express*.

Soothing illustrations, lyrical bedtime rhymes, and practical meditative tools guide children through relaxing their bodies and minds in preparation for a restorative and refreshing night of sleep.

So, “Fluff your pillow, rest your head; feel your body sink down in bed.”

Climb aboard The Sweet Dreams Express to transform your little ones into master sleepers.



Author: Kristin Pierce

Page Count & Dimensions: 8.5” x 8.5” | 34pp

Illustrator: Aleksandra Szmidt

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Genre: Juvenile Fiction | Picture Book

Recommended Ages: 3-9 years

About the Author:

When Kristin Pierce was young, she struggled with sleep issues for years. It was not until she was an adult that she learned how to soothe her mind to prepare for sleep. When graced with a daughter who also has a busy mind, Kristin began using techniques to help her daughter unwind her mind. Those techniques are contained within *The Sweet Dreams Express*, along with some wisdom imparted from her also sleep-challenged dad. Determined to rewrite our experience

Kristin is an award-winning author, the founder of Inner Compass Books, and a self-awareness educator whose mission is to empower others to deconstruct their self-limiting beliefs, shift their perspectives, and utilize the power of their minds. She aims to create mindfully-crafted children’s books that encourage kids to question their limits, pursue their passions, and dream bigger than belief.

Kristin lives in Saskatchewan, Canada with her husband, two children, and their dog.

The Sweet Dreams Express is her fourth book for children. Her other titles include: *Your Inner Compass That Could*, Nautilus Award-winner, *Mayva O’Meere*, *Creationeer*, *Magnus O’Meere*, *Mind Pioneer*, and *Hazel Mist, Hypnotist*.



AUTHOR Q&A

1. **Inner Compass Books are not your average children's books. They contain empowering life lessons, expansive vocabulary, charismatic characters, and perfectly paired illustrations. What is the inspiration behind what you've created?**

When I couldn't find the kind of books I wanted to read to my children, I set out to create my own, and hence Inner Compass Books was born. My inspiration was to create rhyming children's books that were fun to read and captivating to look at, while also imparting empowering, educational lessons.

2. **What inspired you to write *The Sweet Dreams Express*?**

I come from a line of "bad sleepers" (or so I was told). My dad had always struggled with sleep, and because he and I were similar, I was told that I was "just like him in the sleep department." I spent countless nights calling for my parents, creeping out of my bedroom, waking in the middle of the night, counting sheep past 100, and watching the numbers scroll by on my clock. It was not until I was well into my teens that I finally learned how to soothe my sensitive and observant mind in order to fall asleep.

When I was graced with a daughter who also struggled with sleep, I didn't want her to have the same experience. We utilized various techniques to help her unwind her mind and unload her heart to prepare for a good night's sleep. And guess what? It worked! This helped me realize that sleep is a learned skill. Sleep problems do not have to be hereditary

One night, when my daughter was overtired and having a fit, I was surprised to find my dad (the "problem sleeper") walking her through his own techniques to help her relax. Inspired by my dad's guidance for my daughter, our own parenting sleep struggles, and the reminder of my childhood, I was inspired to create *The Sweet Dreams Express*, a soothing bedtime book aimed at empowering parents and children with positive sleep skills.

3. **Who is this book for?**

The Sweet Dreams Express is a great bedtime book for children of all ages to incorporate into their bedtime routine. For those with troublesome sleepers, this book will guide kids (and parents) through a relaxing bedtime sequence. Ingraining positive sleep skills and empowering children to soothe themselves is a gift that every member of the family will benefit from. This book is the perfect baby gift to empower new parents and establish successful sleep routines right from the get-go.

4. **How will this book help families?**

Sleep is a learned skill. Many children struggle to sleep and just as many parents struggle to know how to help their children. Frustration, impatience, bedtimes that drag on for hours, and sleepless nights are not the only way.

The Sweet Dreams Express makes bedtime an enjoyable, relaxing, empowering, and engaging experience for children and parents to look forward to. With soothing illustrations, meditative techniques, and rhythmic rhyme, children will feel eager and empowered to get ready for bedtime. This book is an illustrative guide to teach children how to self-soothe, calm their minds, form a supportive sleep routine, and prepare their bodies and minds for a restful and restorative night of sleep.

By making the bedtime routine an enjoyable and cooperative experience, children feel engaged, empowered, and in control. Obviously, we all know the profound importance of a good night's sleep! Whether a child struggles with sleep or sleeps like a rock, *The Sweet Dreams Express* will be a positive addition to the bedtime experience.