



Week 2: Good Night! Booklist

This week we are exploring books about bedtime as well as the science of sleeping and dreaming! The following list is divided by grade level and includes Braille, Large Print, and Digital Books. Many of the books for older readers cross grade levels (example: “ For junior and high school readers”), so be sure to look for those crossover books on both “Grades 4-8” and “Grades 9-12” lists.

Some of the Digital Books are only available via download through the BARD download system (<http://nlsbard.loc.gov/>). You may request any of these titles by contacting WTBBL at 206-615-0400 or 1-800-242-0866. If you would like additional titles or suggestions, please contact Mandy Gonnsen, Youth Services Librarian at 206-615-0400 or at mandy.gonnsen@sos.wa.gov

Grades PreK – 3

BR013012 / DB024603 Goodnight Moon by Margaret Wise Brown

As a little bunny settles into bed, he bids good night to familiar objects in his room and even some outside. Calming, repetitive text. Caldecott Medal.

PRINT/BRAILLE. For preschool-grade 2. 1947.

BR008975 Northern Lullaby by Nancy White Carlstrom

In sparse, rhythmic verse, a young Native American child in the far North bids good night to earth and her family--including Papa Star, Mama Moon, Sister Owl, and Brother Bear. PRINT/BRAILLE. For preschool-grade 2.

BR012033 Dreamtime: A Book of Lullabies by Belinda Hollyer

Thirty lullabies--some new and some old-time favorites--offer a sense of peace and comfort at bedtime. Includes works by Eleanor Farjeon, Eve Merriam, Walter de la Mare, and Russell Hoban. PRINT/BRAILLE. For preschool-grade 2.

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BR012775 Good Night, Good Knight by Shelley M. Thomas

One night in a faraway kingdom, three lonely dragons keep the Good Knight running back and forth from his watchtower to their dark cave, helping them prepare for bedtime. Even after all three are tucked in, they call him back for one last thing. For grades 2-4. Braille. 2000.

BRC00310/DBW07386 Sailing Off to Sleep by Linda Ashman

Bedtime for a little one brings an imaginary journey to the North Pole to cuddle and play with the many animals there. Short story in verse. Braille. Digital. Preschool-grade 2.

DB014483 Cuentos de las buenas noches by Jella Lepman

A collection of 26 bedtime stories, some newly invented and some handed down from generation to generation, written by grownups and children. Spanish language. Digital download only. For grades K-2.

LP017534 /BRC01276 Bedtime (Touch And Feel) [Published by Dorling Kindersley Publishing, Inc.]

Color photos of objects associated with bedtime, with textured inserts and short captions. For preschoolers. Board book. PRINT/BRAILLE. 2001.

LP017181 Down in the Woods at Sleepytime by Carole Lexa Schaefer

When their mothers announce that it is bedtime, the baby animals of the forest express their objections: but when wise Grandma Owl hoots that it's storytime, they respond differently. Color illustrations with short captions. Large print. For preschoolers. 2000.

DB064613 What You Never Knew about Beds, Bedrooms, and Pajamas by Patricia Lauber

Traces the history of sleeping habits from Stone Age nights around an open fire and Egyptian, Greek, and Roman "day beds" to group sleeping arrangements of the Middle Ages and the concept of private bedrooms. Discusses mattresses, blankets, and nightclothes through the ages. For grades 2-4. Digital download only. 2006.

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BR008715 / DB034055 Dr. Seuss's Sleep Book by Dr. Seuss

A zany story in rhyme that begins with a very small bug, by the name of Van Vleck, and his very big yawn. At the end, zillions of creatures are fast asleep. For grades 2-4. Braille. Digital download only.

Grades 4 – 8

DB072986 Breves Historias para Dormir: Autores del Mundo; Cuentos, Fabulas, y Leyendas (Short Bedtimes Stories: Authors of the World; Tales, Fables, and Legends) by Susana Andrés

A collection of more than fifty short bedtime tales for children from various cultures around the world. Originally published in French. Spanish language. Digital download only. 2008.

DB068469 The Glitch in Sleep by John Hulme and Michael Wexler

Middle-schooler Becker Drane applies for work in the Seems--a parallel universe that runs everything in the World. Becker's first mission as a fixer is to repair a glitch in the Department of Sleep that threatens everyone's ability to ever fall asleep again. For grades 5-8. Digital. 2007.

DB071521 One Hundred and One Questions about Sleep and Dreams That Kept You Awake Nights--until Now by Faith Brynie

Explains the stages of sleep during a typical night, the twenty-four-hour cycle, and the negative effects of sleep loss. Examines dreaming, sleep disorders, animals' sleep habits, and the state of sleep science. Based on questions from students. For grades 6-9. Digital. 2006.

BR010489 Dream Spinner by Joanne Hoppe

When Mary Barrone's widowed father remarries, the new family moves into an old Victorian house. For a high school project, Mary decides to experiment with lucid dreaming--willing herself to fly in her dreams. She succeeds, and night after night finds herself flying around her house but during an earlier time in history. She becomes involved with former residents of the house and tries to alter history. For junior and senior high readers. Braille.

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BR015117 Sleep and Dreams by Andrew McPhee

Discusses the nature of sleep and dreams, the causes and treatments of sleep disorders, and the possible meaning of common dreams. The chapter "Toward a More Restful Sleep" offers advice on various techniques to overcome problems of falling asleep. For grades 6-9. Braille. 2001.

Grades 9 – 12

DB069614 Wake: Wake Trilogy Book 1 by Lisa McMann

Whenever people fall asleep around her, seventeen-year-old Janie Hannagan is sucked into their dreams as an unwilling bystander. But after she slips into a violent dream alone in her car, Janie realizes she needs to control her paranormal ability. Some violence and some strong language. For senior high readers. Digital. 2008.

DB072924 Across the Universe [#1, Across the Universe Trilogy] by Beth Revis

After Amy and her parents agree to be cryogenically frozen for three hundred years aboard the spaceship Godspeed, Amy is shocked to awaken early--and to learn that someone is trying to kill her. Some descriptions of sex. For senior high and older readers. Digital. 2011.

DB060848 / LP024972 The Secret Hour [#1, Midnighters] by Scott Westerfeld

Soon after moving to Bixby, Oklahoma, 15-year-old Jessica learns there is an extra hour just after midnight when the rest of the world freezes. She is one of only a few people who remain awake and have special abilities that help them fight ancient creatures alive in that hour. For middle and high school readers. Large Print. Digital download only. 2004.