CAPTAIN SLEEP
AND THE LOST ALIEN
Little Timmy is a little boy, who’s always in bed on time.

And while he’s sound asleep, he dreams of becoming Captain Sleep!
One night, he hears a crash outside.

In the park, he sees a crying alien and his broken spaceship.
The alien shows Captain Sleep the spaceship manual...

But it’s in an alien language!
Captain Sleep takes a long hard look at it and suddenly gets an idea!
He zips into his house and comes back with some batteries.
“This should fix your spaceship!”
says Captain Sleep confidently.

“How did you learn to understand my language so quickly?”
the alien asks.
“Getting enough sleep every day helps me learn better and faster!” Captain Sleep explains.
The alien waves and thanks Captain Sleep as he flies off in his spaceship. The alien is happy that he can go back home now.
“Ah, it’s almost 10 hours now — just enough sleep for me, I can wake up now,” says Captain Sleep.
As little Timmy gets up, he finds a note the alien left behind.

Written in alien language, it reads “Thank you, Captain Sleep!”
THE BEDTIME SONG

[SUNG TO THE TUNE OF HAPPY BIRTHDAY]

IT’S THE CLOSE OF THE DAY;
PUT YOUR HEAD DOWN TO LAY.
IF WE WANT TO GROW TALL,
GO TO SLEEP ONE AND ALL
1  It’s Time to Sleep, My Love  
_by Eric Metaxas_  

**SUMMARY**  
As children prepare for bed, the world around them is also settling down for the night. Animals who live in the jungle, the forest, the sea – and when they finally fall asleep, the babies will receive dreams from other creatures in the book.

2  The Going-to-Bed Book  
_by Sandra Boynton_  

**SUMMARY**  
This book is just right for winding down the day as a joyful, silly group of animals scrub in the tub, brush their teeth, and finally rock to sleep.

3  A Book of Sleep  
_by Il Sung Na_  

**SUMMARY**  
Join the owl on this moonlight journey as he watches all the other animals settle in for the night. Some sleep standing up, some sleep on the move, some sleep alone, while others sleep together, huddled close.

4  How Do Dinosaurs Say Good Night?  
_by Jane Yolen_  

**SUMMARY**  
A delightful book filled with detail and humour. Discover the expressions and antics of 11 different dinosaurs from the imagination of young children. These young dinosaurs behave a lot like people do. They give a big kiss, turn out the light, tuck in their tails and whisper good night.
RECOMMENDED READING LIST
For ages 3 - 6 years old

5 Good Night, Gorilla
by Peggy Rathmann

SUMMARY
It’s bedtime at the zoo, and all the animals are going to sleep. Or are they? Sneak along behind the zookeeper’s back and see how each animal prepares for bed.

6 Disney Bedtime Favourites
by Rebecca L. Schmidt

SUMMARY
Get ready for bedtime with all Disney and Disney-Pixar characters. Help Flynn and Rapunzel find a way to get Max to sleep. Explore the Pride Lands at night with Simba and Nala. Have an after-dark underwater adventure with Marlin and Nemo and more.

7 Somewhere So Sleepy
by Dianne Muldrow & Jui Ishida

SUMMARY
A lift-the-flap bedtime book. A baby koala, a lion cub, a baby hippo together with other baby animals, and a little boy, are getting ready for bed. Lift the flaps to see the little things they do before they get cosy enough to fall asleep!