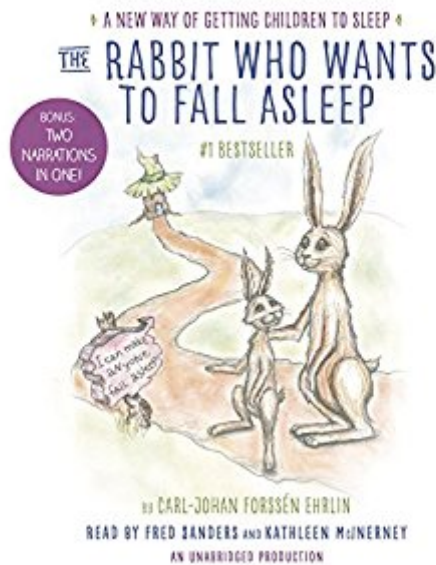


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# The Rabbit Who Wants To Fall Asleep: A New Way Of Getting Children To Sleep



## Synopsis

This groundbreaking number-one best seller is sure to turn nightly bedtime battles into a loving and special end-of-day ritual. The child-tested, parent-approved story uses an innovative technique that brings a calm end to any child's day. This audiobook features two readings of *The Rabbit Who Wants to Fall Asleep* - one by Fred Sanders, one by Kathleen McInerney. Do you struggle with getting your child to fall asleep? Join parents all over the world who have embraced *The Rabbit Who Wants to Fall Asleep* as their new nightly routine. When Roger can't fall asleep, Mommy Rabbit takes him to see Uncle Yawn, who knows just what to do. Children will join Roger on his journey and be lulled to sleep alongside their new friend. Carl-Johan Forssén Ehrlin's simple story uses a unique and distinct language pattern that will help your child relax and fall asleep - at bedtime or naptime. You can choose which voice works best for your child. Both editions feature the same relaxing music throughout. The music is specially composed and uses carefully selected tones to reinforce the story. Reclaim bedtime today!

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 4 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Listening Library

Audible.com Release Date: September 23, 2015

Language: English

ASIN: B015JRW588

Best Sellers Rank: #28 in Books > Audible Audiobooks > Children's Books > Animals #407 in Books > Audible Audiobooks > Children's Books > Fiction

## Customer Reviews

I just heard about the book and ordered the hardcopy. A short while later I was informed by my spouse that my two little ones were still up and amped for their first day of school (tomorrow), so I added the Kindle version and downloaded it for immediate help. Note: Reading on an iPad in a dark room created its own distraction. Not recommended. I'll use this version when we travel and use the hardcopy at home. The book has you insert your child's name in, so I used the more active and harder-to-sleep one's name. The forward suggests that it might take a few reads to get the pattern down and warns of unusual phrasings in the book which is certainly true. The book is a lot longer

than I thought it would be and the way the iPad breaks it up I kept thinking the book was over, when a new section would start. This should allow easy stopping points on later to check on the kiddos and end the book if they are out. It took almost the whole book, but mine were out - and the one that never falls asleep first (whose name I was using throughout) was sleeping first. I downloaded the book while they were running up and down the hallway, 20min later I typed this review.

This book was amazing. Granted, I have only used it once so far, but it was even worth the price for one blissful bedtime routine. My kids have NEVER fallen asleep while we read to them, not a ONE. They usually fall asleep after a couple stories, another trip to the bathroom, a sip of water, etc etc etc. It can take a while! Last night all THREE kids fell asleep before I had finished half of the book. Amazing!

I signed up for the free e-book edition from the author's website. My son is just a few weeks shy of his third birthday and at that oh-so-inquisitive stage. This book has a number of pros but ultimately, failed for me (at least so far). The good:- uses relaxation techniques, which could be effective for calming children (and the adult reading the book)- story has positive messaging about feeling loved, safe and secure- very few pictures - which could be considered a con - but this encourages the child to use imagination- characters are cute enough, though the actual story is long and tedious to read and probably part of the reason it puts kids to sleep! Despite all of the above, the plot seems to drag on too slowly for curious little ones. Even though I managed to get my son to lay down in bed and listen to the first few pages (I read the story and did not let him see the iPad), I was interrupted constantly with questions: "Why can't Roger sleep? How come his siblings fell asleep so easily? Why am I in the book with Roger? Mom, why do you keep yawning?" In the end, he lost interest and tuned me out, preferring to talk to himself about his day rather than listen to me ramble on about how he was "going to fall asleep, now." I know that tempo is one of the sleep techniques used in the book, but unfortunately, the plot may not move fast enough to sustain concentration. I will keep trying it but having read the story a couple of times now, I'm not that optimistic it will work on my son. On the other hand, I was pretty drowsy after reading the whole thing aloud. Update: I downloaded the audio book last night in hopes that it might be more effective. Same outcome with slightly different questions: "Why is that man talking? Why does he keep saying Roger is tired?" Overall, I would say that for impatient, active toddlers with busy minds, this book likely won't engage them long enough for the story to work its magic. I'm jealous of those who have success with it! Just to note, my son doesn't struggle with going to sleep but is active and likes to stay up late and play (on his own, in his

room). When he's finally tired, he will just lie down and go to bed without issue. My hope from this book was to get him to fall asleep a bit earlier (i.e. 8:30pm instead of 9:30-10pm).

**\*\*Updated\*\***I bought this for my almost 3 year old niece. She has always had such a hard time falling asleep and staying asleep. She has NEVER before fallen asleep while being read a book. I read the reviews on and the Facebook page for this book. I was convinced it could help my sister get my niece to sleep and figured it's worth a shot. Last night was the first time she tried it. My niece fell asleep halfway into the book!!!! My sis continued reading the book until the end as instructed and my niece only woke up once to use the bathroom last night. We are amazed by this book and highly recommend!!9/30/15 Update:My sister has continued reading this book to my niece Phoebe every night. Some nights she would fight about settling down but let's face it all kids do sometimes. But a week or 2 into reading nightly Phoebe began to request this book every night and would say it's her favorite. When my sis read the book even if Phoebe fell asleep she would continue to read because she had hopes that the messages that say it's ok to fall asleep in the book would still reach her. So the update is that Phoebe now goes to sleep every night in her bed, on her own, and stays asleep!!!! 3 years of fighting to go to sleep has come to an end. My sister says this is the best gift she's ever received and gives full credit to the book for Phoebe's improved sleep habits. I've read some negative reviews and yes the graphics are a little odd but just follow the instructions and give it a real shot. With any sleep training method you have to give a little time. If this book can get Phoebe to sleep well we are convinced it can make any kid sleep. Best of luck!

Our 9 month old daughter has been wild at bedtime, and we've tried so many methods of calming her, but this has been the first thing to get her into sleep mode in under 20 minutes. It feels almost like a guided meditation, and the story is so lovely that it's a true pleasure to read aloud. Definitely a new favorite!

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