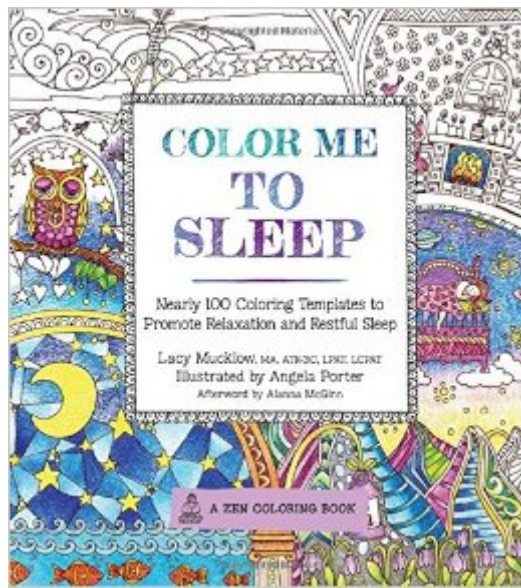


The book was found

# Color Me To Sleep: Nearly 100 Coloring Templates To Promote Relaxation And Restful Sleep (A Zen Coloring Book)



## Synopsis

Bring back bedtime! Insomnia affects roughly 60 million Americans each year; according to NPR, it disproportionately affects women and people over the age of 65. One of the biggest complaints of women in particular is going to sleep and waking up four hours later and being unable to go back to sleep for at least another hour. Developing healthy sleep habits can help all forms of insomnia, and coloring is a calming activity that can help your mind relax and unwind. So put down your cell phone. Shut off the TV. And color your way back to sleep. With nearly 100 coloring templates, all featuring images and shapes designed to put your mind into that peaceful and serene state essential for a healthy sleep. Instead of looking at a screen when insomnia hits, Color Me to Sleep offers a creative, relaxing alternative. Don't forget to try Color Me Calm, Color Me Happy, Color Me Stress-Free, and Color Me Fearless!

## Book Information

Series: A Zen Coloring Book

Paperback: 208 pages

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Language: English

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Product Dimensions: 8.8 x 0.8 x 9.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (49 customer reviews)

Best Sellers Rank: #24,041 in Books (See Top 100 in Books) #42 in Â Books > Self-Help > Art Therapy & Relaxation #89 in Â Books > Arts & Photography > Graphic Design > Techniques > Use of Color #122 in Â Books > Self-Help > Stress Management

## Customer Reviews

â œColor Me to Sleepâ • is my second full-size coloring book in this series. I so enjoyed the â œFearlessâ • book that I immediately pre-ordered this book. Of the 80 designs in the book, 23 are what I would categorize as mandalas. There are additionally some designs which utilize a circular form as well as a couple of dream-catchers. The designs in this book are detailed and intricate. Some have small areas to color which may require sharp pencils or pens/markers with ultra-fine points. The book has six chapters, which include: Peaceful Environments, Cozy Comforts, Quiet Getaways, Relaxing Routines, Sleep Scenes, and Fantasies and Dreams. Each chapter has a

lead-in which describes the intent of the designs within. For instance, Peaceful Environments designs has images of the moon, stars, beds and other areas which are conducive to sleep. In Cozy Comforts, designs include scenes and items which make you cozy, such as wool socks, candles, and stuffed animals. The book is followed by an afterward by Alanna McGinn, who is certified sleep educator. She provides tips for getting a good night's sleep as well as what to do when troubled by insomnia. I have had sleep issues for a number of years and have found that a combination of coloring and then following it with reading works well for me to be able to relax enough to get to sleep. I plan to color this book in its entirety (without removing any pages) and using it as a sleepy-time book for my grandchildren to look at when they are over for naptime or overnight. I'll let my grandson choose which page I color next and have it finished by the time he comes to visit again. The pictures are so cute, I am sure children will love it. I think it will become a family book to be handed down for a long time.

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