

# Sleep Juice





Ripple Effect  
Children's Services



# Sleep Juice

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I can't sleep.





**I won't sleep.**





It's not going to happen.

Zillions, trillions,  
**gabillions** of ideas  
are in my head.





I'm flip flopping like a  
fish out of water.





If I close my eyes, they  
POP right back open.





I need to pee.

Can you rub my back?

Can I have a drink of water?

When's my birthday?

Where's my stuffy?

Why is the sky blue?

Leave the light on please!

Is it a school day tomorrow?





Jeesch!  
So mean!  
What's the big  
deal???  
They don't get it.





I am trying! Really  
super duper hard!!!















How do you fall asleep  
when you are not tired?





Sometimes my foot falls  
asleep. Maybe my foot's  
asleep? Nope it's  
wiggly.





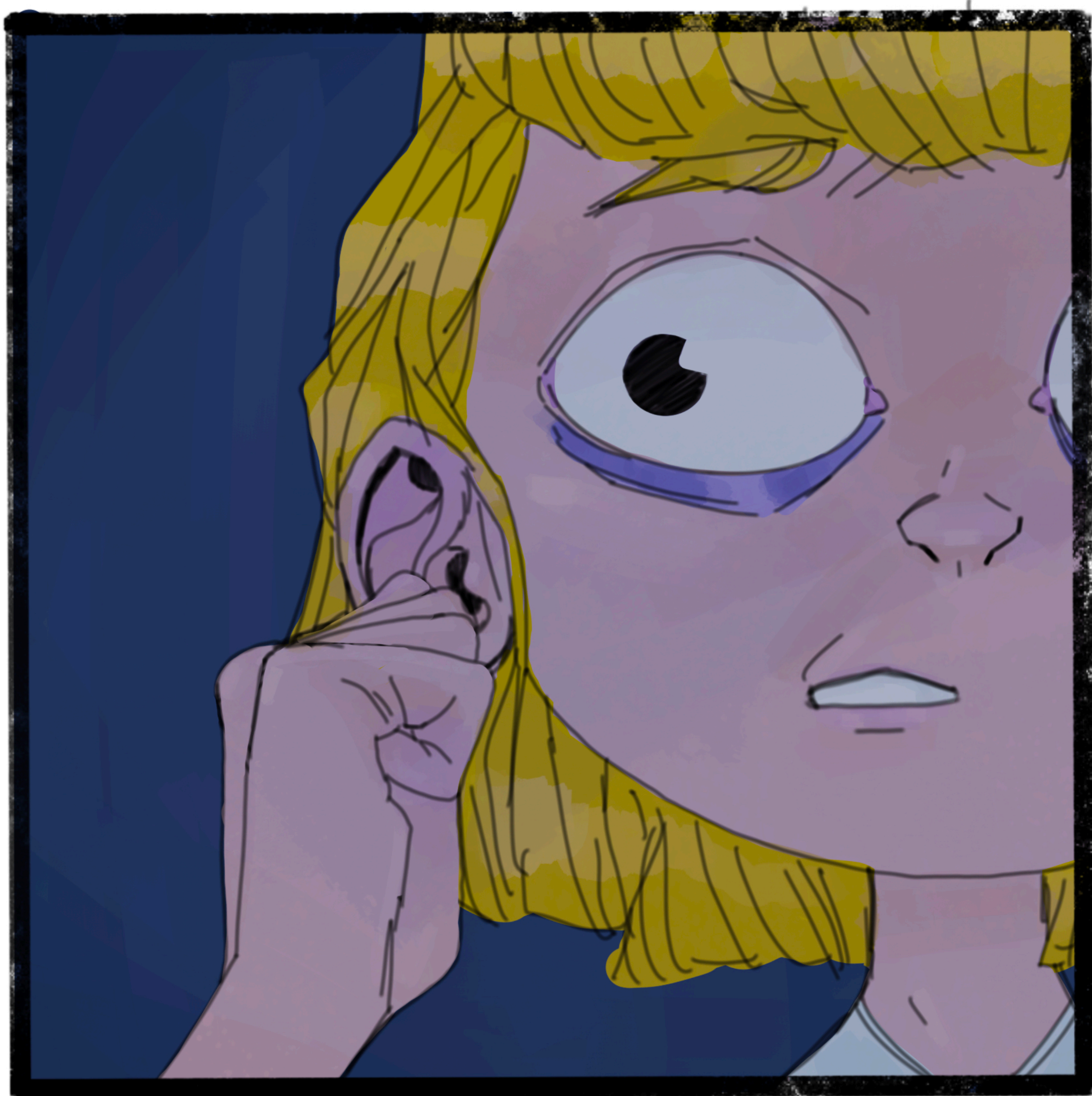
Maybe my elbow?  
Nope my arms are  
jumpy.





What about my ear  
lobe? It's doing  
nothing. Maybe it's  
asleep.









It's asleep. That's  
where my sleep is!



Maybe I can sleep?? I just need to let  
all of the sleep juice out of  
my ear lobe. It will fill  
up my whole body.  
Then I can sleep!

**Super powers ENGAGE!**  
**ENGAGE!!!**





This iS me going to  
sleep.



&0 to \$/eep.



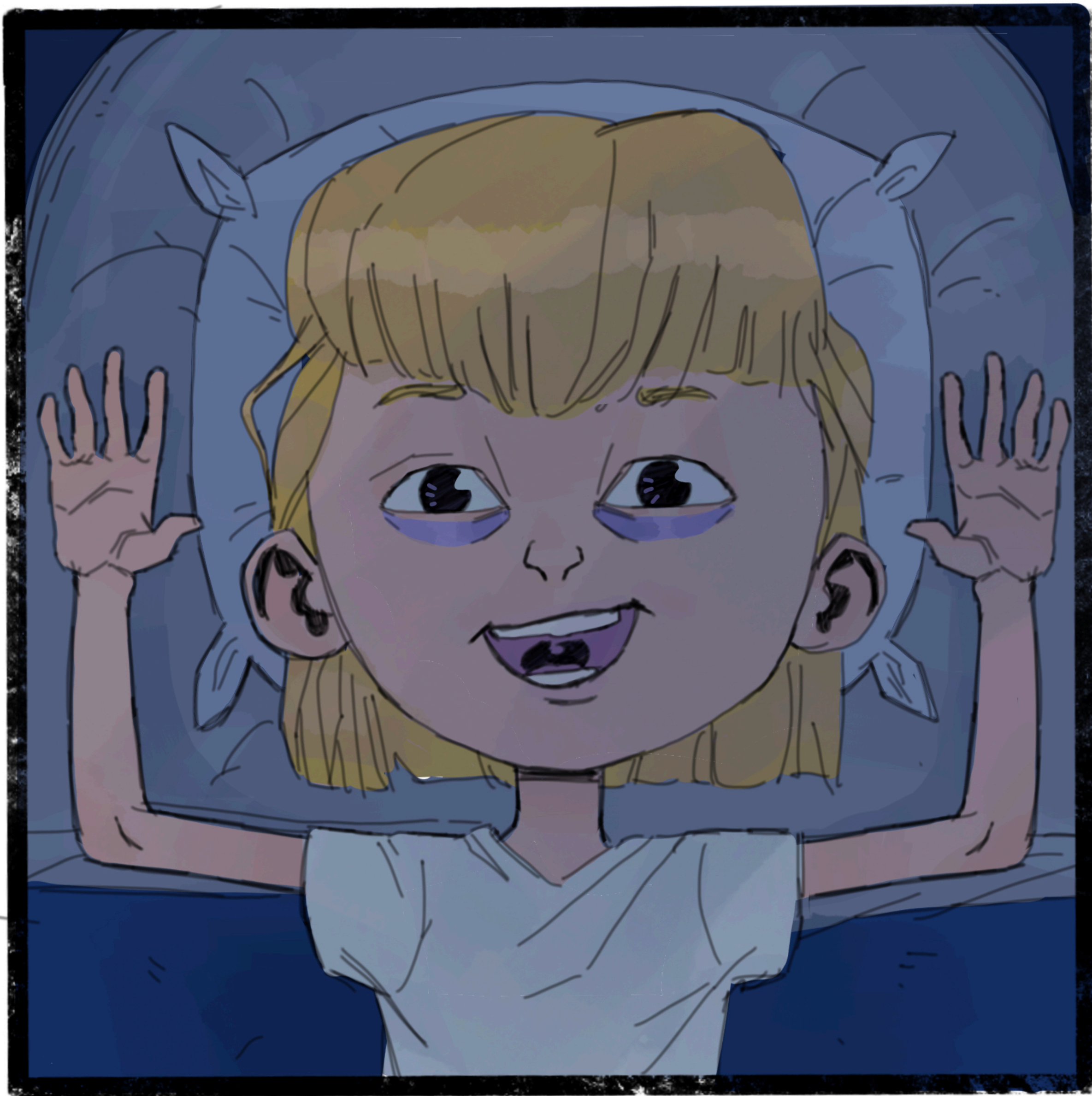
**Super powers engage!**  
**ENGAGE!!!**





I can feel it - it's  
working - the sleep  
juice is moving out of  
my earlobe...it's coming  
down my neck...into my  
shoulders...down my  
arms...into my chest...it's  
thick...slow...as slow as  
waiting for my birthday...it's  
getting quieter...thoughts are  
leaving...I am sleepy...  
I have superpowers!!!





This is working!  
It's working!!  
I'm so amazing!  
I can do anything!!



Oh no...

N000...

the sleep juice?

Where is it going??





**“Can I have another  
drink of water?”**

**• • •**

**FINE!!**

**Super powers  
engage!**

**Sleep juice do your MAGIC!**



Quieter...  
thoughts  
going...breathing  
slows...heart slows  
down...getting  
sleepy...here it comes...

I don't feel so jumpy.  
My arms are relaxing.  
My feet aren't so  
wiggly. I'm sinking  
deeper and deeper into  
my bed. I think I am...





# Sleep Hygiene

You read that right - sleep hygiene.

Just like dental hygiene. Good oral health comes from regular routines and maintenance.

Good sleep health needs routine and maintenance as well. Our bodies need to be cued that sleep is coming. Training our bodies on how to shift from being busy, excited, and looking for fun to moving slow, quieting down, and looking for dreams comes from good routines.

Sleep is another part of your day where you get to experience really cool things. You can go anywhere, be anything, and do anything in your dreams! It also gives your brain time to organize thoughts, store memories, and make you smarter. Sleep helps your body grow, repair injuries, and protect you from getting sick.

A good night's sleep benefits you during the day. You are able to focus better, be more creative, feel calmer, and have lots of energy to do all the things that make you YOU!

A good routine and sleep maintenance includes:

Going to bed at the same time every night and waking up at the same time.

Creating a routine for 1 hour before bed - putting on pajamas, brushing teeth, taking a bath, reading a book, moving slowly, being quiet, cuddling with someone you love or your pet or your stuffie!

No screens during that hour and no screens where you are sleeping.

Good thoughts = good sleep. Think about what makes you happy and grateful. What makes you proud? What are the best moments of the day?

Hard parts of the day are challenges that make you stronger. You did the best you could, now let it drift away.

Worried about something? Tell yourself “it’s time to sleep now, a good night’s sleep will help.” Problem solving happens in your sleep.

Sleep in a dark, cool, and QUIET room.

Fresh air, sunlight and even some moonlight helps your body sleep better. Add some vigorous exercise for more benefits.



Even if you do all these things, sometimes it can be tricky to find your sleep juice. When that happens think of a favourite memory and tell yourself the story of that memory including what your eyes saw, your ears heard, your skin felt, your nose smelled and maybe what your mouth tasted. By the end of the story you may be sleepier. If you need a little help here are some things to experiment with:

Try breathing in through your nose for a count of 4 - hold your breath for a count of 7 - breathe out through your mouth slowly and with a deep sigh for a count of 8 - do this a whole lot of times.

If you have a pet or someone sleeping near you, try to match your breathing with theirs. Pretend you are asleep. Fake it until you make it!

Body scans can relax you - start with your toes - breathe into your toes - scrunch up your toes tight and then relax them - then move to your calf muscles - breathe into your calf muscles and tighten those muscles and relax them - go through all your muscles throughout your body - toes to head - head to toes.

Nighty night...