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Dozy Bear and the Secret of Sleep

Ariel Woodbury

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Book Review

Title: Dozy Bear and the Secret of Sleep
Author: Katie Blackburn
Illustrator: Richard Smythe
Reviewer: Ariel Woodbury
Publisher: HarperCollins Children's Books
Year: 2016
ISBN: 9780062564269
Pages: 31
Interest Level: Preschool
Rating: Excellent



Review

Dozy is a little bear that wants to sleep but doesn't know how. He crawls into his den very tired and thinks of all the other animals who are fast asleep. He wonders if there is a secret to sleeping, but his mama says there is not. He sees how dark it is outside and closes his eyes as he waits to fall asleep. Then he tries wiggling from his toes to his nose, sinking into his bed and listening to the night. Then he takes long, deep breaths until finally he falls asleep.

This book uses techniques to help children relax along with Dozy. Although it isn't explicitly stated in the book anywhere, children are supposed to mimic Dozy to help them fall asleep. This book would be most useful if done regularly as part of a bedtime routine (which also helps people to fall asleep). The illustrations are simple and soft, and transition from warm daytime colors to cool nighttime colors through the book. The repetition in the narrative should also be soothing to tired little ears.