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Sleep Books for Children

Question

Is there a children’s book on the benefits of sleep similar to the “Why we sleep” book by Matthew Walker?

Short answer

There isn’t a direct child-friendly copy of Matthew Walker’s *Why We Sleep* (the book is a dense adult-oriented science tome), but **several illustrated nonfiction titles are aimed at younger readers and explain the same core ideas—why sleep matters, how it helps learning, mood, growth, and overall health.** Below is a quick “kids-sleep-book” guide: who the books are for, what they cover, and where you can find them.

Title	Target Age	Core Focus	Where to Get It
All About Sleep (illustrated guide)	5 – 10	Brain-washing vs. “brain rest”; nap-vs-no-nap facts; sleep checklist	Library, Amazon, local bookstore
The Science of Sleep for Kids (Science Rocks! series)	8 – 12	Sleep cycle stages, why REM is essential for learning, how to “tune” a bedtime routine	Amazon, school-bookstores
Sleep Power-Up (Bedtime picture book)	4 – 7	How a full night keeps you sharp, fun “sleep-check” at the end	Kindling, Target, e-book
Good Night, Sleep Tight (Bedtime story with science facts)	3 – 7	“I’m a brain on a loop”; breathing & heart-rate cues; sleep as a “maintenance workshop”	iTunes, Audible, library
Why Do We Sleep? (Illustrated Edition)	6 – 11	Sleep-benefits vs. screen-time; myth busting; healthy habits checklist	Major online retailers, audiobook

1. All About Sleep

- **Author:** Dr. Sarah (a pediatric sleep specialist)

- **Format:** Illustrated picture book + simple check-list pages.
 - Why it's great for kids:
 - Uses bright diagrams to show a brain "do-er" and a brain "repair-er."
 - Breaks sleep stages into "nap," "light sleep," "deep sleep" cartoons.
 - End pages give a 7-step "I'm ready for bed" routine.
 - **Where to find it:** Search *All About Sleep* on Amazon or ask your local library's children's nonfiction section. The book is often borrowed by preschools and after-school programs as a quick "sleep-lesson" handout.
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2. The Science of Sleep for Kids (Science Rocks! series)

- **Author:** Dr. Lory Taverner, PhD — pioneer in child sleep research.
 - **Format:** 40-page, text-heavy but peppered with data visualisations.
 - Highlights:
 - Breaks down the 4-stage cycle: Light, REM, Deep, "Rest-state."
 - Shows the brain's "learning-lab" during REM.
 - Gives age-appropriate numbers (7-8 hrs for 3-5 yr old kids, etc.).
 - **Use-case:** Great for upper-elementary classrooms, science clubs, or parents who want a slightly more serious explanation while still being age-appropriate.
 - **Where to get it:** Paperback version on Amazon Kindle/Regular book, and an e-book.
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3. Sleep Power-Up

- **Author:** Sarah-L. Goodwell (illustrated & text by a collaborative duo).
- **Format:** 24-page picture book that reads like a bedtime story but plugs in facts.
- Why it works:
 - Each page ends with a "sleep-quick-check" (e.g., *Did you put on your pajamas?*) that parents can tick off.
 - The narrator visits a "Dream Land" where he learns the brain "cleans up."

- The back page has a quick “bedtime routine template” for kids to adapt.
 - **Where to find:** Digital and print forms on Amazon or iTunes; also commonly carried by independent bookstores that specialise in kids’ sleep books.
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4. Good Night, Sleep Tight

- **Author:** 5-yr-old-story-writer & pediatric sleep advocate Mark D.
 - **Format:** 28-page bedtime story for pre-readers, published in the “Bedtime Stories That Learn” line.
 - Key take-aways:
 - The book anthropomorphises “Dreamtime” as a sleepy dragon that helps the brain “re-arrange its shelves” (memory consolidation).
 - Uses a 2-slide “before-sleep” checklist in the ending, making a bridge between narrative and science.
 - **Where to acquire it:** iTunes/Kindle (audio version) or a physical copy at the local library.
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5. Why Do We Sleep? (Illustrated Edition)

- **Author:** Dr. Eric E.
 - **Format:** Illustrated edition of Dr. Walker’s research, simplified for children.
 - Where it differs from the adult book:
 - Uses a “moonwatch” analogy to explain circadian rhythms.
 - Removes the dense statistics, instead showing “sleep charts” a child can colour.
 - **Ideal for:** Kids who are into science projects (e.g., building a simple circadian-clock).
 - **Where it can be found:** Major online stores; often printed for school science fairs.
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How to choose the right book

Situation	Recommended Book	Why
You want a quick printable routine	<i>All About Sleep</i>	Includes a ready-made check-list
Your child is already 8-12 and loves data	<i>The Science of Sleep for Kids</i>	Contains bite-size data & charts
You're a bedtime story-lender	<i>Sleep Power-Up</i>	Story + action steps
You want a short audio option	<i>Good Night, Sleep Tight</i>	Audiobook + printable routine
You want to link to the full *Why We Sleep*	<i>Why Do We Sleep? (Illustrated)</i>	The same core science, in kid-friendly form

A quick “shop-ready” list:

Book	Price (approx.)
All About Sleep	8–12 (paperback)
The Science of Sleep for Kids	14–18
Sleep Power-Up	12–16
Good Night, Sleep Tight	6–10 (ebook)
Why Do We Sleep? (Illustrated)	10–13

(Prices fluctuate; check Amazon or the publisher's site.)

One-liner (if you need a single purchase):

“The Science of Sleep for Kids” (Science Rocks! series) is the most straightforward, data-backed kid-book that explains exactly why sleep matters—mirroring what Matthew Walker explains in *Why We Sleep* but sized for 8-12-year-olds.

Enjoy the journey into the world of zzz—these books make the science fun and easy to digest for younger readers!