

Avery Sleeps More Readily: A whispered GNF book

Back Cover:

The Fairy of Good Nights is at it again.
She'll get you to sleep. Can I get an "amen"?
When slumber is distant, when rest is a dream,
Just hire this expert ASMR team.

Autonomous Sensory Meridian Response.
Sure, some people treat it with great nonchalance;
Others, however, receive benefaction:
The tingles! Brain tickles! It's quite a reaction.

Decrease your stress and become reconnected.
So many who "tingle" are deeply affected
In valuable ways by this ASMR.
To try, add this book to your own repertoire.

This well-designed tale is an artful invention
That's sure to eliminate slumber prevention.
The words that are used are specifically chosen
To make sure your loved ones are destined for dozin'.

So pick up this copy and you can proceed
To give your whole family just what they need
To fall asleep quickly, each member enraptured.
The elusive "Sandman"? Consider him captured.

Tips for Using ASMR and this Good Night Fairy book

Congratulations, you've finally found it! You are reading a preview about a powerful, all-natural, drug-free sleep aid, cleverly disguised as your family's new, favourite bedtime story.

This Good Night Fairy book is written to include effective treatments for insomnia such as the 4-7-8 breathing exercise (popularized by Dr. Andrew Weil, M.D.), several relaxation techniques, and guided visualizations that ease the listener into the first stages of their sleep cycle.

In addition to its remarkably relaxing content, this book is written to include proven 'triggers' for Autonomous Sensory Meridian Response (ASMR), which is a physical reaction to gentle auditory and physical stimulus. People who experience ASMR report sensations such as 'tingles' down their spine or an effervescent/'soda-pop' feeling throughout their body that often starts at the top of the head. ASMR is not just an effective treatment for sleeplessness, it also reduces anxiety and increases feelings of well-being.

ASMR is commonly triggered by soft, repetitive sounds or movements. Some specific examples include light tapping noises (e.g., fingernails gently tapping on the cover or page of this book, or the noises produced when quietly saying words like 'click', 'popped', or 'crackle'), hushed sounds or sensations (e.g., the word "shush" whispered slowly, having one's hair gently brushed, or fingers lightly drawn over one's forearm/wrist/hand), and other quiet, sustained noises (e.g., water trickling from one container into another, the sound of masking tape being pulled slowly from its roll).

Your family will get the greatest benefit from this book when the reader whispers each word, taking time to articulate the syllables while allowing the rhythm and rhyme to help lull the listeners to sleep. Some verses contain words and phrases that may lend themselves to being repeated multiple times or could act as a cue for the reader to, for example, tap their fingernails gently, rhythmically on the page for several seconds, helping to elicit the Autonomous Sensory Meridian Response.

Enjoy the quieting comfort and relaxing rhythm of this wonderful, whispered bedtime book!