

*Every Sleeps More Readily:*  
*A whispered Good Night Fairy book*

by: Renee Frances, B.S., B.Ed., M.A.  
illustrated by: Romaine Tacey

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*Brain Tingles: The secret to triggering Autonomous Sensory  
Meridian Response for improved sleep, stress relief, and head-to-toe euphoria*





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by: Renee Frances, B.S., B.Ed., M.A.  
illustrated by: Romaine Tacey  
edited by: Mary Curk

This book is inspired by and written for Abigail Rose  
and is dedicated to all the sleepless dreamers out there.

~ RFD

To my Pooh(ky). My husband, my forever love,  
who graciously fend for himself when I'm shuttered in my studio.

~ RT

Special thanks to my mentor and editor, Mary Curk, for her support, her encouragement,  
and her expertise. It is always a pleasure to work with you. Heartfelt gratitude also goes to  
Dr. Craig Richard for his faith in and support of this project.

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*Somnus  
Stuff* 

# Foreword

by: Craig Richard, Ph.D.

## Challenge of Sleep

I was one of those kids who didn't fall asleep easily. My mother would inform me that it was bedtime and I was not always the willing participant. My brain would just feel too awake to see the logic of lying quietly in a bed until I fell asleep.

I'm sure my mother tried many things until she found the one thing that always worked. She would slowly and lightly run her fingertips up and down the inside of my forearms. It made my brain immediately fuzzy and relaxed, and sleep soon followed.

There were other special moments in my childhood when I remember my brain getting tingly and relaxed. One of them was watching the TV show, *The Joy of Painting*, hosted by Bob Ross. His soft voice, gentle demeanor, and the hypnotic tap, tap, tap of his paint brushes on the canvas lulled my brain. Also, sitting still at the barber was easy for me. I found the slight touches to my hair coupled to the crisp snipping sounds of scissors to put me in a relaxed trance.

## Discovery of ASMR

As an adult I learned there is a term for this type of relaxation, it is called Autonomous Sensory Meridian Response (ASMR). Most people who experience ASMR describe it as a deeply relaxing and enjoyable feeling usually accompanied by tingles in the head. When the sensation hits me, my brain and muscles become immediately relaxed, my eyelids feel heavier, and my body almost feels like it is floating in the calmness of that moment.

## Triggers of ASMR

There are a wide variety of stimuli, or triggers, which induce ASMR. The most popular ASMR trigger, according to published research, is whispering. Other common triggers include gentle tapping of fingers on various objects, crinkling sounds like magazine or book pages being turned, or the sounds of brushing. Even words with S's, T's, Q's and P's are popular ASMR triggers when gently repeated. For example, "sensations", "tingles", "sleep", "whisper", "tranquil", "esprit", and "response".

In addition to simple sounds and words, moments involving personal attention may contain some of the strongest triggers for ASMR. Examples include getting your nails done at a spa, having your hair washed at a hair salon, receiving a physical exam from a clinician, or being asked by an optician, "1 or 2?" as they click and scroll through different test lenses.

## Popularity of ASMR

Fans of ASMR have a special place they go on the internet, YouTube. Thousands of content creators on YouTube, often called ASMR artists, create videos just for the purpose of eliciting ASMR in viewers. Most of the content of these videos simulate real world moments associated with ASMR. Some of the most popular videos are role-play videos that simulate a visit to a clinician, hairdresser, spa, or any situation associated with personal attention by an individual who cares about your wellness or comfort.

The artists and content of these ASMR videos share similar characteristics. Vocals are usually soft, gentle, caring, and/or whispered. Any touches or movements are light, soothing, and non-threatening. Their gazes elicit comfort and trust. The ASMR artists convey the dispositions and behaviors of someone who truly cares for you and cares about you.

## Origins of ASMR

It is likely that the relaxation one feels during ASMR as an adult is very similar to the relaxation one feels while being soothed as a child. ASMR triggers and behaviors that soothe infants have a lot of overlap: soft or whispering voices, light touches to the skin, gentle hair caresses, comforting gazes, personal attention, and distracting, non-threatening hand movements.

The wide world of ASMR triggers seem to be specific stimuli that tell our brains we are not in danger. Our brains associate these stimuli with being in a safe place and with safe people. And when our brains feel safe, we feel relaxed; and when our brains feel relaxed, we are much more likely to fall asleep.

## Bedtime and ASMR

As you might expect, many people report ASMR as helpful to falling asleep. I am one of those. I listen to ASMR videos and ASMR podcasts on a nightly basis to help me to fall asleep. The caring voices, soft whispers, and gentle sounds help my brain to settle down so I can sleep.

Although these ASMR recordings are very helpful, I suspect there is an even stronger way to stimulate ASMR and help someone fall asleep. Hearing a live voice and feeling the direct touch of someone who cares about your wellness and safety is probably the strongest trigger of ASMR.

So as you read to a child at night, continue doing all those ASMR-related things you may have already been doing. For example, giving the child personal attention as you sit or lie beside them, using a soft voice as you read, and turning the pages gently.

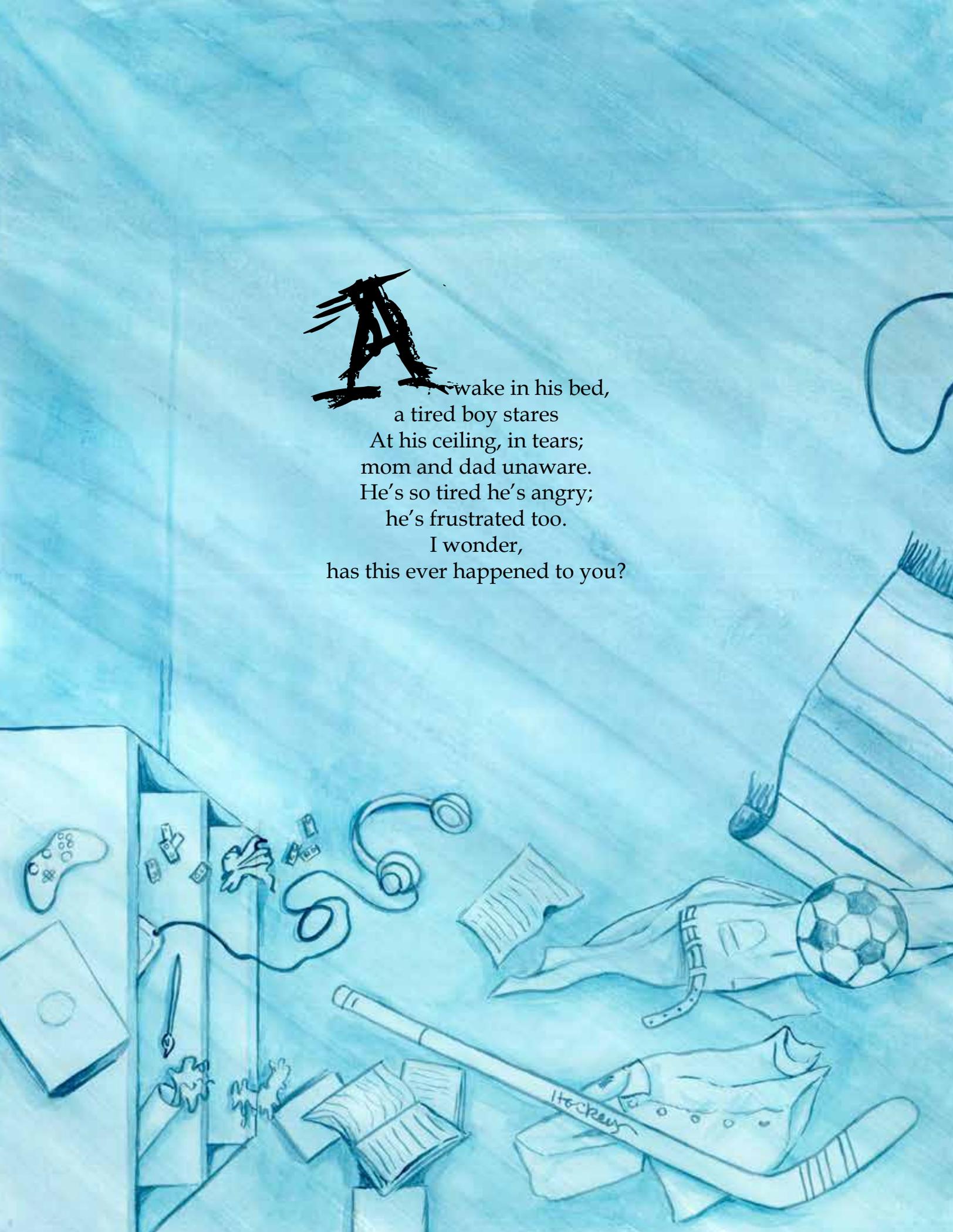
## Avery Sleeps More Readily

This invaluable book, *Avery Sleeps More Readily*, is going to entice and remind you to try additional behaviors which may also help a child to relax at bedtime. As you read, whisper parts (or all) of the story. Try tapping on some pages in a gentle way. Rather than simply turning the pages, linger, crinkle them lightly and repeatedly as you progress through each part of the story. If possible, run a finger along the child's arm or play with their hair in a subtle way. You can also use your finger to trace the illustrations on each page. Repeat relaxing words that you come across, such as, "sensations", "tinglings", "sleep", "whisper", "tranquil", "esprit", and "response". Experiment and try new things. You will learn what works best for your family.

Ultimately, the relaxation a child feels with you at bedtime is mostly influenced by the bonding moments that occurred between you at other times. Cuddling with someone you care for and with someone who cares for you is the most relaxing feeling in the world. Our brains are whispering, "you are loved, you are safe, it is okay to fall asleep."

**Dr. Craig Richard**

*Craig Richard, Ph.D., is a professor of physiology at Shenandoah University in Virginia. In 2014 he founded the website, [ASMRUniversity.com](http://ASMRUniversity.com), which has been featured by The Washington Post, Smithsonian Magazine, and New Scientist. He is also host of the ASMR University podcast, co-investigator of the ASMR Research study, and curator of the Voices of ASMR project.*



**A**wake in his bed,  
a tired boy stares  
At his ceiling, in tears;  
mom and dad unaware.  
He's so tired he's angry;  
he's frustrated too.  
I wonder,  
has this ever happened to you?



Our friend is named Avery and he's quite a chap.

His schedule is full, there's no time for a nap.

This young man is busy throughout the whole day:

School, clubs, and practices. Free time? No way!



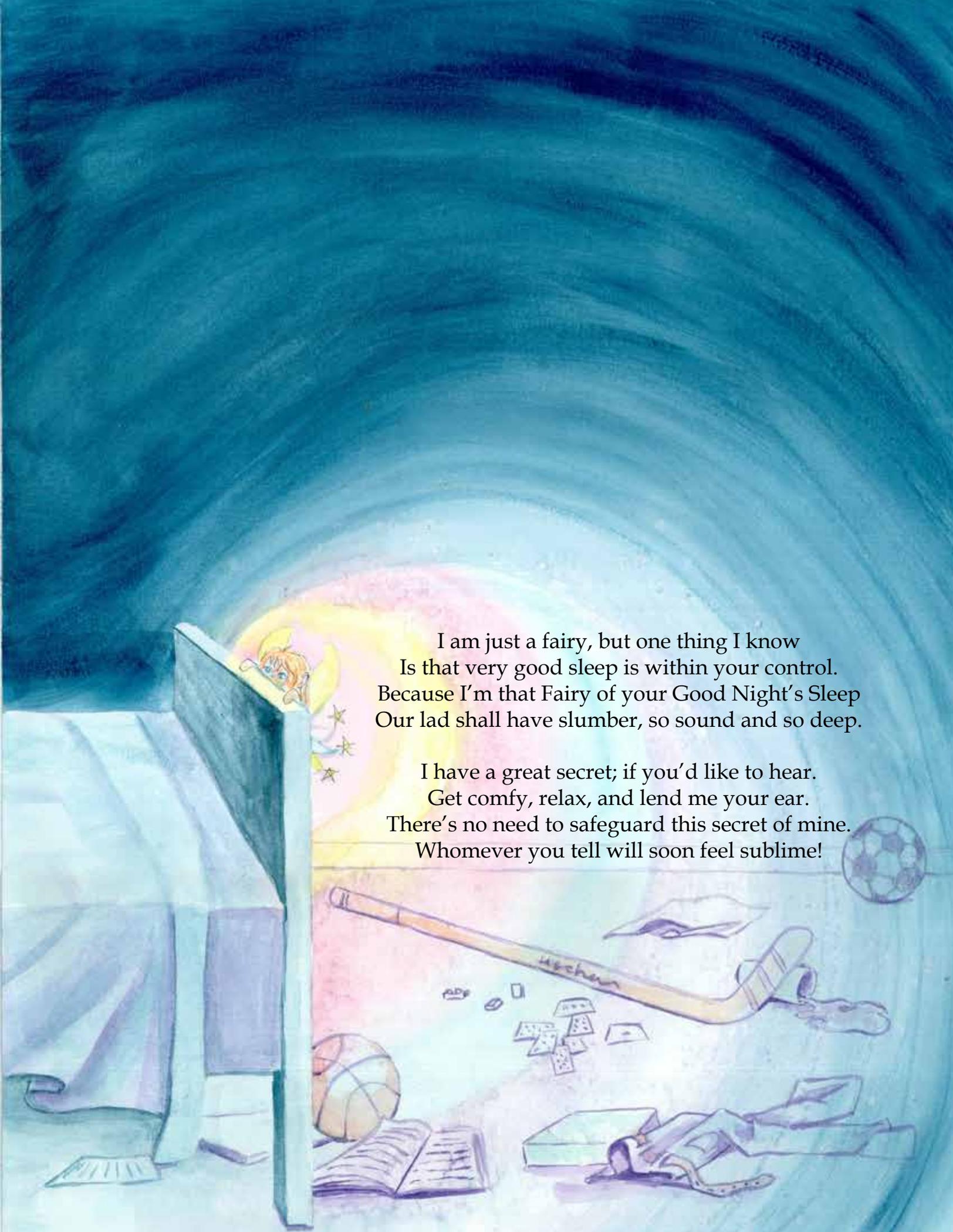
With such a large workload, his only request:  
That when night time comes, he be granted some rest.  
His mind is chaotic, vexation knee deep.  
His train-of-thought wanders; no use counting sheep.



Discerning and thoughtful, a rational kid,  
He reflects on his day, all the things that he did.  
Brooding and pondering leaves him distressed.  
Without enough sleep he will be quite a mess.

To get his mind off his concerns and his troubles,  
He makes a mistake and his sleeplessness doubles.  
By turning on TV or bright "smartphone" screens  
His sleep's sabotaged. Now I must intervene.





I am just a fairy, but one thing I know  
Is that very good sleep is within your control.  
Because I'm that Fairy of your Good Night's Sleep  
Our lad shall have slumber, so sound and so deep.

I have a great secret; if you'd like to hear.  
Get comfy, relax, and lend me your ear.  
There's no need to safeguard this secret of mine.  
Whomever you tell will soon feel sublime!



*Remember, life is but a dream  
make it a good one!*

*~ Renee*

# 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*.

*Somnus  
Stuff*

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