

Sleep

**Nick Littlehales**   
Elite sports sleep coach

# SLEEP



**The Myth of 8 Hours,  
the Power of Naps . . .  
and the New Plan to  
Recharge Your Body and Mind**

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著者:Intrater, Roberta Grobel

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These four new additions to the popular Baby Faces series each contain appealing photos of multicultural babies and toddlers, and a brief, rhyming text. Each book

contains five spreads and sturdy board pages with rounded corners for safe handling by little ones. Their small, convenient size is just right for taking along, making these ideal first read-aloud books for the very young.

作者介绍:

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