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Zzz .: The Most Interesting Book You'll Ever Read About Sleep

By Romanek, Trudee

Tonawanda, New York, U.S.A.: Kids Can Press, Tonawanda, New York, U.S.A., 2002. Soft cover. Book Condition: New. From Booklist: Gr. 3-6. The title sets the bar pretty high, but this book's funny illustrations and lively layout keep it from becoming, well . . . a snoozer. Romanek includes a wide variety of information, covering everything from REM sleep and yawning to sleep cycles, snoring, and dreams. Nothing is explored very deeply, but curious children will find plenty to interest them and answer their questions. A few experimental activities appear in sidebars. There's one obvious misstep: the author suggests that Edison invented the lightbulb after 1910 (it was invented in 1879). But, on the whole, this volume in the Mysterious You series is a fascinating, kid-friendly look at a subject that's much more complicated than it seems. Todd Morning Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title. Book Description: In the fourth Mysterious You book, Zzz ., kids uncover the secrets of sleep to find out how the body clock works, why the brain needs sleep, what happens during REM (Rapid Eye Movement) sleep and more. This...



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