



Anna Knakkegaard **Jungle Dreams** Julie Dam **Drømmejungen**



Never before have so many people battled with sleep issues and the problem extends to our children and young people too who struggle to process the day's experiences and fall asleep seamlessly.



Medical doctor and clinical hypnotist, **Anne Knakkegaard**, uses her specialised knowledge to create bedtime books based on soothing hypnosis techniques.

Architect, **Julie Dam**, uses her full artistic palette to create the sweet illustrations in bedtime story books



Original Language: *Danish*

Original Publisher: *Jungledrømme*

Published: *April, 2021*

80 pages

Category: *Children's Books*

Sub-category: *Picture Books (5-8 years)*

Genre: *Non-fiction*

Themes: *Relaxation*

Available material: *English sample*

SYNOPSIS

Through a series of stories, the child is encouraged to help the animals in the *Jungle Dreams* to find peace, so that both the child and the animals can fall asleep.

There are many reasons why the animal children have difficulty sleeping. The sloth, Susan, worries and ponders. The parrot, Petra, talks too much and isn't tired at all. The tapir, Tom, has a tummy ache and Lisa the Leafcutter Ant is afraid of the dark. Hank, the Howler Monkey has his head full of busy thoughts and Jason the Jaguar is struggling with growing pains.

The six stories in the *Jungle Dreams* are carefully developed and written so that the child can find help to deal with the most common problems connected with falling asleep.

In addition to the bedtime stories, the book offers hands-on advice and information on sleep, as well as tips on how to create the right atmosphere when reading aloud. The book is aimed at families with children aged 4-10 years.

In the home-market, the *Jungle Dreams* is available in App Store and Google Play where the stories can be played with soothing jungle music that continues after the story is over.

REVIEWS

"Jungle Dreams' are stories on the children's premises combined with great professional ballast. These are stories that are easily accessible. Stories that normalize and acknowledge children's reactions at bedtime, and which in a

simple way help the children to deal with difficult thoughts, feelings and bodily sensations. The stories help the children to provide self-care and master pondering at bedtime. Drawings and illustrations are beautiful." – Annette Walsted - Psychologist, and mother of Benjamin (8 years) and Alexander (3 years) ()

"The book is easy to get started with and has good instructions for the adult along the way. It works very well with the "sleeping tips" in addition to the stories. Wonderful stories that help the child to relax, enjoy the breathing and form positive and imaginative stories in his head while he falls asleep." – Kathrine Lauritzen - Doctor, and mother of Jacob (7 years) and Emil (4 years) ()

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