

CAPTAIN SLEEP

AND THE LOST ALIEN



Little Timmy is a little boy, who's always in bed on time.

And while he's sound asleep, he dreams of becoming Captain Sleep!





One night, he hears
a crash outside.

In the park, he sees
a crying alien and
his broken spaceship.



The alien shows Captain Sleep
the spaceship manual...

But it's in an alien language!



Captain Sleep takes a long hard look at it and suddenly gets an idea!



He zips into his house and comes back with some batteries.



“This should fix your spaceship!”
says Captain Sleep confidently.

“How did you learn to understand
my language so quickly?”
the alien asks.



★ “Getting enough sleep every day helps me learn better and faster!” Captain Sleep explains.



The alien waves and thanks Captain Sleep as he flies off in his spaceship. The alien is happy that he can go back home now.



“Ah, it’s almost 10 hours now —
just enough sleep for me,
I can wake up now,”
says Captain Sleep.



As little Timmy gets up, he finds a note the alien left behind.

Written in alien language, it reads
“Thank you, Captain Sleep!”



The background features a dark blue night sky with a radial pattern of lighter blue rays emanating from the bottom center. Scattered throughout are small white, yellow, and light blue stars. At the bottom, there are stylized white and light blue clouds.

THE BEDTIME SONG

[SUNG TO THE TUNE OF *HAPPY BIRTHDAY*]

IT'S THE CLOSE OF THE DAY;
PUT YOUR HEAD DOWN TO LAY.
IF WE WANT TO GROW TALL,
GO TO SLEEP ONE AND ALL

RECOMMENDED READING LIST

For ages 3 – 6 years old

1 It's Time to Sleep, My Love

by Eric Metaxas

SUMMARY

As children prepare for bed, the world around them is also settling down for the night. Animals who live in the jungle, the forest, the sea – and when they finally fall asleep, the babies will receive dreams from other creatures in the book.

2 The Going-to-Bed Book

by Sandra Boynton

SUMMARY

This book is just right for winding down the day as a joyful, silly group of animals scrub in the tub, brush their teeth, and finally rock to sleep.

3 A Book of Sleep

by Il Sung Na

SUMMARY

Join the owl on this moonlight journey as he watches all the other animals settle in for the night. Some sleep standing up, some sleep on the move, some sleep alone, while others sleep together, huddled close.

4 How Do Dinosaurs Say Good Night?

by Jane Yolen

SUMMARY

A delightful book filled with detail and humour. Discover the expressions and antics of 11 different dinosaurs from the imagination of young children. These young dinosaurs behave a lot like people do. They give a big kiss, turn out the light, tuck in their tails and whisper good night.

RECOMMENDED READING LIST

For ages 3 – 6 years old

- 5** Good Night, Gorilla
by Peggy Rathmann

SUMMARY

It's bedtime at the zoo, and all the animals are going to sleep. Or are they? Sneak along behind the zookeeper's back and see how each animal prepares for bed.

- 6** Disney Bedtime Favourites
by Rebecca L. Schmidt

SUMMARY

Get ready for bedtime with all Disney and Disney-Pixar characters. Help Flynn and Rapunzel find a way to get Max to sleep. Explore the Pride Lands at night with Simba and Nala. Have an after-dark underwater adventure with Marlin and Nemo and more.

- 7** Somewhere So Sleepy
by Dianne Muldrow & Jui Ishida

SUMMARY

A lift-the-flap bedtime book. A baby koala, a lion cub, a baby hippo together with other baby animals, and a little boy, are getting ready for bed. Lift the flaps to see the little things they do before they get cosy enough to fall asleep!





Health
Promotion
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Learn more at
[go.gov.sg/captain-sleep](https://www.go.gov.sg/captain-sleep)

