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## Color Me to Sleep: Nearly 100 Coloring Templates to Promote Relaxation and Restful Sleep (Paperback)

By Lacy Mucklow, Angela Porter

Rock Point, United States, 2016. Paperback. Book Condition: New. 250 x 224 mm. Language: English . Brand New Book. Portable art therapy for the over-worked and over-stimulated adult, Color Me to Sleep offers 100 coloring templates for grown-ups looking to reduce stress, defeat insomnia, and create healthy sleeping habits in a demanding digital age. Bring back bedtime! Insomnia affects roughly 60 million Americans each year; according to NPR, it disproportionately affects women and people over the age of 65. One of the biggest complaints of women in particular is going to sleep and waking up four hours later and being unable to go back to sleep for at least another hour. Developing healthy sleep habits can help all forms of insomnia, and coloring is a calming activity that can help your mind relax and unwind. So put down your cell phone. Shut off the TV. And color your way back to sleep. With nearly 100 coloring templates, all featuring images and shapes designed to put your mind into that peaceful and serene state essential for a healthy sleep. Instead of looking at a screen when insomnia hits, Color Me to Sleep offers a creative, relaxing alternative. Don't forget to try...


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