

Lunar Tales (Original Sleep Stories for Grownups)

author: Bed Castle

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Synopsis

author	Bed Castle
readBy	Bill Anciaux
inLanguage	english

Do you have problems falling asleep? You had a busy day but find it hard to calm down? You try to sleep but thoughts start racing through your head? While smart devices claim our attention till the last drop, keeping us sleepless and tired... What's more, Americans spent over \$40 billion per year on sleeping pills, but they aren't effective and can have dangerous side effects. Seventy million US adults report having a sleep disorder, with staggering health consequences. But there's a surprisingly simple way that can help improve your sleep quality. You simply close your eyes and listen, you listen to a story. Not just a story, but a bedtime story for grownups, designed to make you calm and sleep.

- Lunar Tales* are charming, original stories with engaging scripts. They draw inspiration from effective relaxation techniques found in mindfulness meditation, hypnosis story-telling, IFS guided meditations, or sleep psychology. They make you naturally pay attention, and forget about tomorrow. Custom made sounds and music, including Alpha, Theta, and Delta soundwaves and Binaural Beats for an extraordinary calmness.

 Bed Castle specializes in bedtime stories, guided meditation, and relaxation sounds for grownups and kids, so check out our other books. End sleepiness and start getting the sleep you deserve, tonight with *Lunar Tales*!

Reader's comments

comment 1: Emily Starling

Lunar Tales by Bed Castle is a mesmerizing collection that redefines bedtime stories for adults. The book invites readers into a world where the moonlight casts its magical glow on the narratives, creating a unique blend of tranquility and imagination. Each story is meticulously crafted to provide a sense of calmness while simultaneously engaging the mind, making it an ideal companion for those seeking a peaceful transition into sleep. Bed Castle's writing is both lyrical and soothing, effectively weaving together themes of wonder and introspection. The stories range from whimsical fantasies to thought-provoking tales that explore the depths of human emotions, all set against the enchanting backdrop of the moonlit night. One of the most commendable aspects of Lunar Tales is its ability to cater to a diverse audience, offering something for everyone, whether it's the dreamers, the thinkers, or those simply in search of a serene escape. This book is a treasure trove for anyone who cherishes the art of storytelling and desires a moment of respite from the hustle and bustle of daily life. Lunar Tales is not just a book; it's an experience—a gentle lullaby for the soul.

â€” Emily Starling (2026-05-30 18:08:13)