

Read 'Em and Sleep

author: Nick Mosca

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Synopsis

author	Nick Mosca
readBy	Jennifer Jill Araya
inLanguage	english

This is no ordinary insomnia audiobook. Based on the principles of mindfulness meditation, *Read 'Em and Sleep*'s soothing concepts, language, and formatting relax you into the good night's sleep you deserve.

Stroll down a nature trail, glaze over math theory, or choose from 10 other sleepy scenarios to meet your unique bedtime needs. Each peaceful chapter begins with a mindful quote and is stimulation-free.

This audiobook is perfect for:

- Insomnia
- Light sleepers
- Occasional sleeplessness
- Night-shift recovery
- Jet lag

Reader's comments

comment 1:

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