

Stories for Getting Back to Sleep

author: Diane Gillespie

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Synopsis

author¼Š	Diane Gillespie
readBy¼Š	Diane Gillespie
inLanguage¼Š	english

In this book, educational psychologist Diane Gillespie, PhD, uses her knowledge and understanding of stories to craft sleep scenarios designed to help people fall back to sleep in the middle of the night.

The stories are set in relaxing places conducive to sleep: cozy mountain cabins, luxurious spas, a tropical beach, an overstuffed chair in a Victorian Bed and Breakfast.

In each story, the character secures her surroundings. Then through the process of attending to peaceful details in the setting, she relaxes her body, lets worries float away, and sinks deeper and deeper into stillness - until she is sound asleep.

Listeners are encouraged to remember the sequence of events so that in darkness they can crawl back into bed, pull up their covers, imagine themselves in the stories, and go back to sleep.

Reader's comments

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