

# ARE YOU FEELING SLEEPY?

Sleeping is one of the weirdest things that humans do, and there's lots we still don't know about it. Sleeping Beauty may not have wanted to doze for as long as she did, but she will certainly feel better after having a really good kip.

Here are a few facts about sleep and dreaming – just don't drop off while you're reading them!

## What is sleep?

We spend about a third of our lives sleeping, but it's far from wasted time. In fact, our brains and bodies wouldn't work properly if we didn't do it as much as we do. When we sleep, our brain gets a bit of a break while our body goes on working, producing stuff like hormones that help keep us healthy. So don't fight it – embrace those ZZZZZS.

### DID-YOU KNOW?

That moment right before you fall asleep when all of a sudden you jolt wide awake has a name – it's called a myoclonic jerk.

### SLEEPY FACT

The average person spends six years of their life dreaming

## Not just an old wives' tale

You know how your parents tell you it's important to get enough sleep? Well, don't argue – they're right. It's a scientific fact. Getting a good night's sleep affects our health, our brain power and even how good we look, and kids need more sleep than adults. Nine or ten hours is best although grown-ups need less – usually about seven and a half.

## How dozy can you get?

There's a story about an ancient Greek thinker called Epimenides who was supposed to have slept in a cave for 57 years. Unfortunately he made the mistake of waking up again and every day after that he aged a year. Now there's someone who needed anti-wrinkle cream...



## SLEEPY FACT

When you die you will have slept about 1/3 of your life, which for the average person is approximately 25 years

## In your dreams

Dreams can be very strange things. Some people don't remember them at all, while others remember every detail. Nobody really knows what dreaming is for but some experts think it's just your brain trying to sort out stuff that it's seen during the day.



EARLY TO BED AND EARLY TO RISE, MAKES A LITTLE BOY OR GIRL HEALTHY, WEALTHY AND WISE!

The world record for NOT sleeping was set by 17-year-old Richard Gardner in 1964 when he was awake for 264 hours and 12 minutes.

ZZZZZ

ZZZZZ

BAAAH!  
HUMBUG!

## DID YOU KNOW?

Scientists have found that counting sheep doesn't help you get to sleep. Apparently it is too boring and imagining a calming landscape will work much better.



## What does it all mean?

Some dreams are supposed to mean different things – for instance, your teeth falling out is thought to mean you've been gossiping, being chased means you're avoiding something, while being naked means you're feeling scared or guilty. It's up to you whether you believe that or not, but if you dream you've eaten a huge marshmallow... check your pillows are still there!

ZZZZZ...



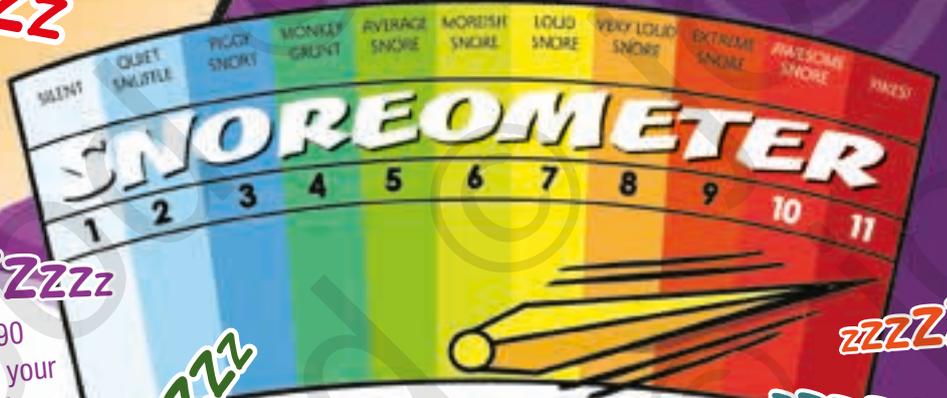
ZZZZZ

## Hold on tight to your dream ZZZZZ

Experts say you've only got about 90 seconds after you wake up before your dream drifts away for good. So if you want to remember them, here's a tip: when you first wake up, don't move. If you do, you risk leaving your dreams behind as you jump out of bed.



ZZZZZ



ZZZZZ

ZZZZZ

Melvyn Switzer was not a normal snorer. This guy could really snore, so loudly that he was a winner of *The Guinness Book of Records* for the world's loudest snoring. Melvyn's snores were recorded at up to 92 decibels. That is louder than a diesel truck in your room! It was so loud that during a ten-year period eight neighbours moved out because they couldn't bear to hear the noise.

SHUSH!

ZZZZZ...ZZZZZ...

# THE FAIRY FACTOR

## WHO'S THE FAIRIEST OF THEM ALL?

**YOU DECIDE!**



### Evil Fairy

Not very nice and particularly mean. If you're riding high and loving life this fairy will cast an evil spell on you. Not sure what her problem is. Probably just needs a hug.

**Mainly found:** somewhere dark.

**Magic power:** wicked spells.

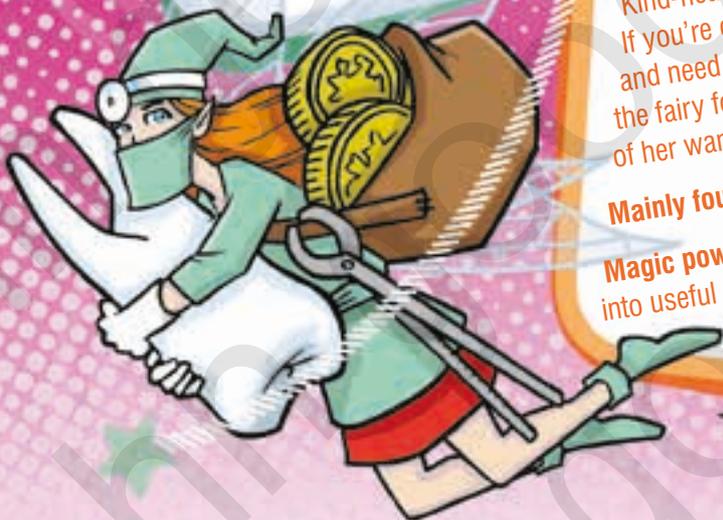


### Tooth Fairy

Nocturnal creature. Has something of an obsession with collecting teeth that have fallen out. Probably sells them on the internet for profit.

**Mainly found:** in bedrooms.

**Magic power:** Never ending supply of pound coins.



### Good Fairy

Kind-hearted and very helpful. If you're down in the dumps and need a pick-me-up this is the fairy for you. With a wave of her wand she'll set you right.

**Mainly found:** in the nick of time.

**Magic power:** turning pumpkins into useful stuff.



### Sugar Plum Fairy

Lovely and very friendly. This fairy goes round making all things taste sweet. You should have tried eating chocolate before she came along. It was horrid. Also has a fondness for ballet.

**Mainly found:** in the Land of Sugar and Sweets.

**Magic power:** increasing your blood sugar level.



## Airy Fairy

Artistic and full of imagination. This fairy loves telling you about themselves and their ideas. It's nice to begin with but after a while you feel exhausted.

**Mainly found:** where they are not wanted.

**Magic power:** creative thinking.



Why can only tiny fairies sit under toadstools?  
Because there is not mushroom

## Cross Channel Fairy

Very reliable. Leaves from Dover and Plymouth every two hours to a range of destinations such as Calais and the Channel Islands.

**Mainly found:** in Ports and harbours.

**Magic power:** smooth sailing and duty free.

What do you call a fairy who hasn't had a bath for a year?  
Stinker Bell

## Garden Fairy

Notoriously mischievous. If you're ever in the garden and put down your trowel for a second then can't find it, chances are this fairy has stolen it. Inform the police immediately.

**Mainly found:** in car parks. Wait that's not right, I mean, in gardens.

**Magic power:** helping your garden grow.



## Hairy Fairy

Grumpy and very smelly. This fairy doesn't have any special power other than the ability to go weeks without washing or changing their clothes.

**Mainly found:** nestled in small spaces.

**Magic power:** none.



# GOOD SPELLS

Can't find your favourite toy or book? Here's a handy spell you can use to find lost objects.



## A SPELL YOU CAN DO AT HOME

First of all, get a really good image of the object you have lost in your head. Imagine it in the palm of your left hand. Next, draw a circle on your left hand with your right index finger, and say out loud:

Bound and binding, binding bound;  
See the light, hear the sound;  
What was lost will now be found;  
Bound and binding, binding bound.

If it doesn't work on the first go, try it again! Eventually you'll remember.

## Wishful Thinking

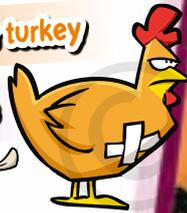
Unfortunately, to do most other spells you need to be a practising wizard, witch or fairy. Still there's plenty of ways for us ordinary humans to do our own spells by making wishes! Here's some examples of when to make your wishes so that they come true:

When you see a shooting star in the night sky



When you blow out the candles on your birthday cake

When you break a wishbone when eating a chicken or turkey



When you blow on a dandelion, releasing all its seeds

When you pick up a penny from the ground

When you find a four-leaf clover in the grass



When a ladybird lands on you



## REVERSE THE CURSE

Remember, if you ever get a spell put on you by someone, don't panic: there's always a way to reverse the curse. If you look at famous stories like *Sleeping Beauty*, *Snow White* and *The Frog Prince*, all you need to break a spell is a big sloppy kiss!



# BAD SPELLS



## Curse of the Pharaohs

A lot of people think that the ancient Egyptians were mad about curses. The most famous example that gets brought up is King Tutankhamun who supposedly had these words inscribed on his tomb: "Death shall come on swift wings to he who disturbs the peace of the king." But actually, as scary as this sounds, it was a load of mumbo jumbo made up by Victorian journalists who were just trying to sell a few more newspapers.

Why not write one of these silly curses on a piece of paper and stick it on your bedroom door?

1 To those who disturb my sleep, may their underpants be eternally uncomfortable and itchy

2 To those who dare enter my room, you are cursed to dance like an embarrassing dad at a wedding reception for the rest of time.

3 To those who think I didn't notice them sneaking into my room, you are cursed to repeat the last word of everything you say, like an echo echo.



## Double, Double, Toil and Trouble

In fantasy stories, there are two types of people who have the power to make spells - fairies and witches. They're quite easy to get mixed up because they both use magic wands, but witches also use cauldrons to brew their magic potions. To make these concoctions they mix up the grossest stuff.

What would you put in your cauldron?

- Mouldy cheese sandwich?
- Sweaty socks?
- Gone-off pickle?
- Bacon rind?
- Brussel sprouts?
- Earwax?
- Hair from the plughole?
- Bogies?
- Toenail clippings?



## Don't Get Jinxed!

Remember, as well as getting good luck you can also get bad luck too. Avoid all these things if you don't want to get cursed with bad luck!

- Don't let a black cat walk in front of you
- Don't break a mirror
- Don't walk under a ladder
- Don't open an umbrella indoors







# PANTO PUZZLERS

## COUNTING SHEEP



How many sheep can you count in this bundle of fun?

## SLEEPY SHEEPY TONGUE TWIST!



As Sleeping Beauty Softly Sleeps,  
Sleepwalking Sheep Softly Bleat,  
as they Slip and Slide down the Street!

See how quickly you can say this without getting muddled!

How many differences can you spot without waking her up?



## SPOT THE DIFFERENCE

# KNOT TO KNOT



Connect the knots to find out what has been spun!

# BRAMBLE SCRAMBLE!

Crack the code to work out the secret message from the Prince!



Secret message:

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# PANTOMANIA!

Unscramble the titles to find out which are Sleeping Beauty's favourite pantomimes!



# FIRST KISS

Or just an illusion?

Relax your eyes and stare at the space between Sleeping Beauty and the Prince.

Slowly bring the page towards your face and see them share their first kiss!



Try again if it doesn't work the first time.



There are 6 hot-water bottles, 2 magic wands and 1 spinning wheel hidden on these pages. Can you find them?



I SPY!





HELP!

# SHEEPING BEAUTY

What do you call a sheep with no head or legs?  
A cloud

Her Majesty's blanket needs to be spun before the great ball tomorrow night! Unfortunately, the royal sheep have got themselves in a bit of a muddle!

Can you find which sheep leads to the spindle so the blanket can be spun in time?



Where does a sheep go for a haircut?  
To the baa baa shop

# ASLEEP-KING OR AWAY-KING

Make this funky sign and stick to your bedroom door to let everyone know if you're in or out!

Sign



Badge

Remember to ask an adult to help you when using scissors

## Instructions

1 Cut out this page and glue it onto thin card.

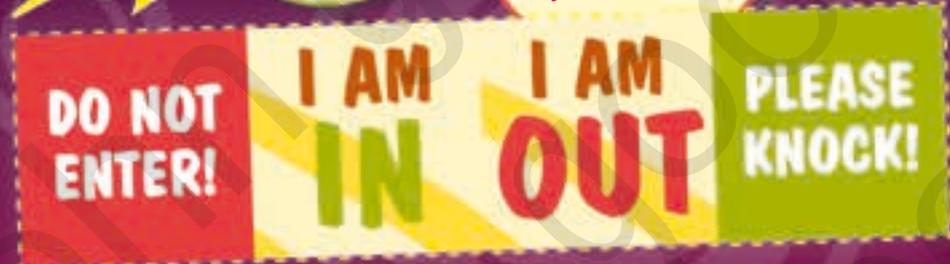
2 Cut your door sign, badge and tab along the (colour) dotted lines.

3 Fold the sign in half and very carefully cut along the dotted lines in the middle. (Ask an adult to help you with this.)

4 Stick the badge on to the sign. Draw in a picture or add your own photo!

5 Write your name on the door sign and stick it on your door.

Tab



Finished Sign



# THE LAND OF NOD

The Wicked Queen has been up to her tricks again. She has cast a spell to send everybody to the Land of Nod! Unfortunately (for her), the spell has backfired. She can't stop nodding her head.

Cut out and fold to see for yourself!

## Instructions

**1** Cut around all solid lines and cut slots for flaps to go into.

**2** Score and fold along all the dotted lines, folding the cloak (G) backwards as in the diagram.

**3** Tuck flap A into slot B, flap C into slot D, and the crown flap E into slot F.

**4** Your nodding Wicked Queen is ready to nod the night away!

Remember to ask an adult to help you when using scissors



# BEAUTY MAKEOVER

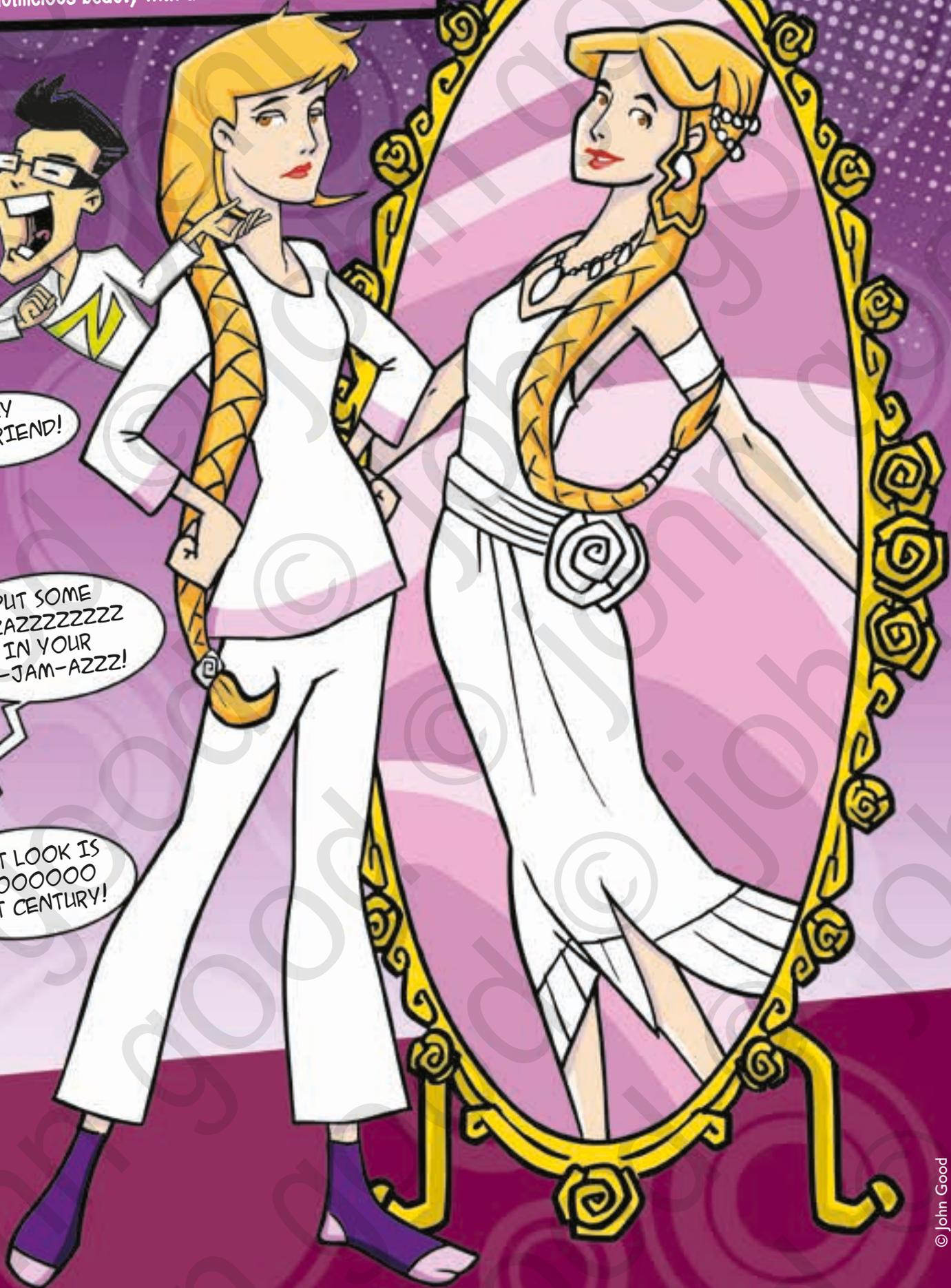
Sleeping Beauty has just woken up after falling asleep for a hundred years. She is feeling a bit washed out. Can you help Zed, the royal stylist, transform her into a beautiful beauty with a bit of colour and sparkle!



HEY GIRLFRIEND!

PUT SOME PIZAZZZZZZZZZ IN YOUR PY-JAM-AZZZ!

THAT LOOK IS SOOOOOOO LAST CENTURY!



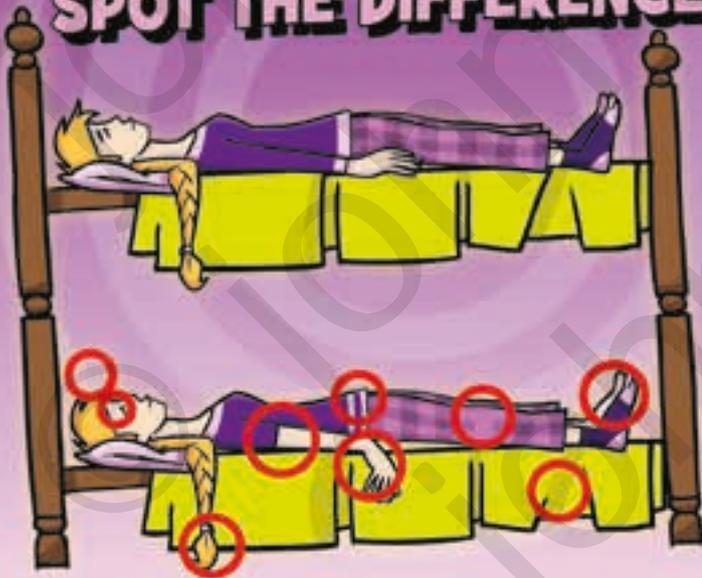
# WHAT'S IN THE BRAMBLES?

Sleeping Beauty has lost something in the brambles! Can you colour in the spaces marked 'O', 'X' and '\*' in three different colours to reveal what it is?

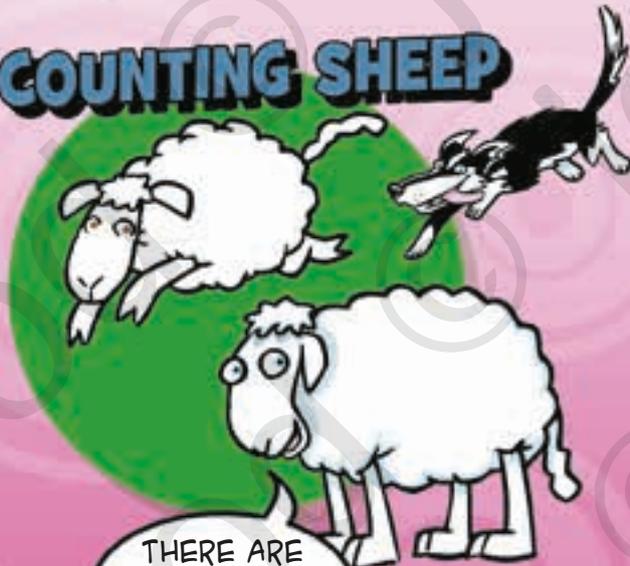


# ANSWERS

## SPOT THE DIFFERENCE



## COUNTING SHEEP



THERE ARE  
**8** SHEEP!  
BAAAA!

## WHAT'S IN THE BRAMBLES?

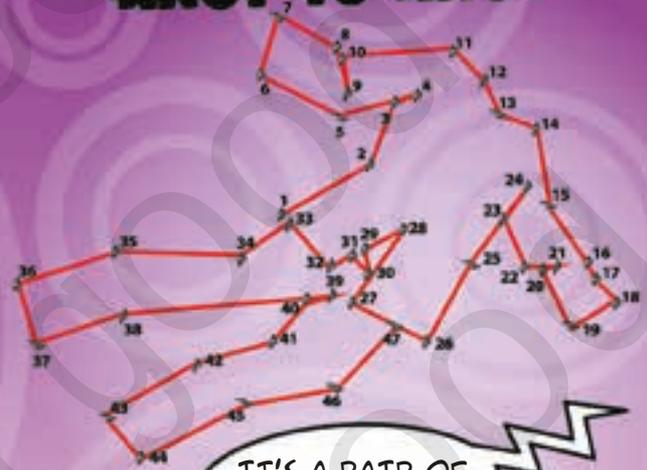


IT'S AN  
ALARM CLOCK!

## BRAMBLE SCRAMBLE!

Answer:  
WAKEY WAKEY  
RISE AND SHINE!

## KNOT TO KNOT



IT'S A PAIR OF  
JIMJAMS!

## SHEEPING BEAUTY



## PANTOMANIA!

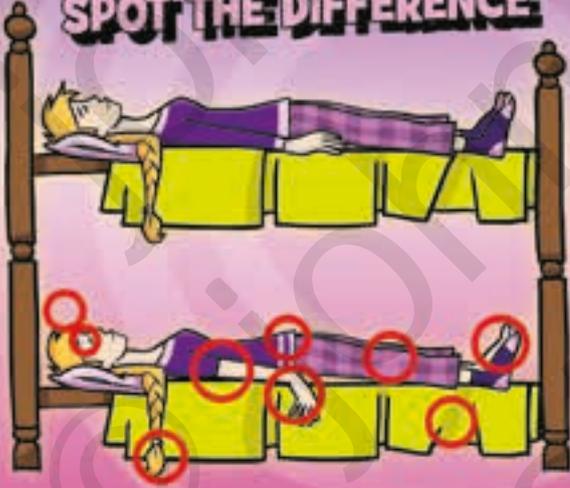


## SLUMBER PALACE

There are ten alarm clocks,  
four pillows, five slippers,  
three hot-water bottles,  
four eye masks and  
three sheep!

# ANSWERS

## SPOT THE DIFFERENCE



## SLUMBER PALACE

There are ten alarm clocks, four pillows, five slippers, three hot-water bottles, four eye masks and three sheep!

## SHEEPING BEAUTY



## BRAMBLE SCRAMBLE!

Answer:  
WAKEY WAKEY  
RISE AND SHINE!

## PANTOMANIA!



## COUNTING SHEEP

