



## A Book of Sleep

*Il Sung Na*

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## A Book of Sleep Il Sung Na

*When the sky grows dark  
and the moon glows bright,  
everyone goes to sleep . . .  
except for the watchful owl!*

With a spare, soothing text and beautifully rich and textured illustrations of a starry night, this is the perfect "book of sleep." Join the owl on his moonlit journey as he watches all the other animals settle in for the night: some sleep standing up, while some sleep on the move! Some sleep peacefully alone, while others sleep all together, huddled close.

Il Sung Na makes his American debut with this gorgeous bedtime offering. While each animal rests in its own special way, little ones will also drift off to a cozy sleep.

## A Book of Sleep Details

Date : Published January 11th 2011 by Alfred A. Knopf Books for Young Readers (first published 2007)

ISBN : 9780375866180

Author : Il Sung Na

Format : Board Book 22 pages

Genre : Childrens, Picture Books, Animals, Storytime

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## From Reader Review A Book of Sleep for online ebook

### June says

A simple story about a owl keeping watch under a moon and how other animals sleep. A mother grabbed it right after storytime to check out. 12/16/11

This was quite popular at story time and grabbed a lot of children that were hanging around from Lap Time.

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### Lisa Vegan says

The art from cover to cover is unusual and absolutely stunning. Interestingly, much of it was done with the help of digital computer technology; and I will search out more books by this talented picture book artist. This is a gorgeous book.

The story is a perfect and reassuring bedtime story for very young children, as it goes from animal to animal talking about the ways they sleep, and then talking about them all waking up "when the sky turns blue and the sun glows bright" – except for the owl, who sleeps and wakes in reverse, and provides some subtle humor to this simple narrative.

This book would make an excellent baby shower gift or gift for a young child. It needs to be protected by the older people though because it is not a board or cloth book and is too beautiful to get marred or ruined.

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### Dani - Perspective of a Writer says

*Check out more picture book reviews @ Perspective of a Writer...*

Owl doesn't get to sleep like the other animals do when night falls. Instead he zooms around and checks on everyone's odd sleeping habits. Finally when everyone else is waking up lonely owl is going to sleep.

Oh my gosh this book! I picked it up because of the cover art and I've read some other Asian author picture books and they were excellent so I HAD to check this one out too...

AND IT DID NOT DISAPPOINT!! THE ART , oh the art!! So beautiful and quirky... EVERY SINGLE SPREAD WAS GORGEOUS!! Every single one! This was a creation of love by the author illustrator. Truly. I loved the rich details woven into each animal's pelt/skin... fanciful yet depthful... and no boring backgrounds here, no siree! Little chalk like doodles decorate the pages. I am totally in love!!

The text is delightful! Not too hard nor too easy, we learn facts about how different animals sleep... pigeons with one eye open and elephants make lots of noise!

Plus there is this subtle lesson at the end that if you stay up all night then you will sleep while everyone else is awake. For a child who wouldn't get to see his or her favorite people this may be wonderful incentive for them to go to bed.

My nephew had trouble picking which spread to draw but finally settled on the horses who sleep standing up! We giggled as we read through it, it was fun and I think with repeat exposure would help him understand about sleep. We talked about it some and he knows he needs to sleep to grow but there are other benefits to be taught!! And this is a fun way to do it! I HIGHLY SUGGEST FOR ANY HOME LIBRARY... and I plan to look up more Il Sung Na!

**BOTTOM LINE:** The perfect, let's go to sleep book!

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You can find this review and many others on my book blog @ Perspective of a Writer. See my picture book reviews in a special feature called Boo's Picture Gallery...

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### **Louise says**

Who wants to tell the author that koalas are nocturnal?

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### **Sarah says**

Wow. I would like to commission Il Sung Na to design my wallpaper. The illustrations in this book are exquisitely rendered and the story is short and sweet--perfect for bedtime.

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### **An Abundance of Books says**

Featured at An Abundance of Books

This is the book just begs for you to cuddle up with your child and whisper the story quietly while looking at all of the sleeping animals and trying and find the Owl in every illustration. I've added this and a few other Il Sung Na books to my son's book wish list for the grandparents. This is a lovely book and one you definitely need to try out, I give it 5 stars.

Read full review [HERE](#)

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### **Ann says**

3.5 stars

This book follows an owl (happily you can look for it on nearly every page!) who stays up at night, and travels by various other animals who sleep at night.

I'm sure children who are curious about animals, and children who might be afraid to sleep (or of the dark) will enjoy this simple and sweet tale.

The illustrations are interesting and unique and overall I did like this a lot!

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### **J says**

I read this book to a few different groups of kids. It's all about sleeping animals.

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### **Sadia Mansoor says**

A fine book to teach how different animals sleep differently, like some keep both their eyes shut, while some only has one eye closed & oneopened.. And there are those as well which have both their eyes open. They don't even blink. They don't have eyelids at all.

This is the video of the book <https://www.youtube.com/watch?v=GOd7M...>

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### **Kathryn says**

The illustrations in this book really captivated me--they are so unusual and beautiful! The story itself is a very simple one about all the different ways animals sleep--and how the owl finally falls asleep while everyone else wakes up ;-) Still, it's so beautifully told through the illustrations and a few well-chosen words that this is a true gem of a bedtime and animal story.

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### **Shannon (Giraffe Days) says**

This is a stunning book, one that appeals to my artistic side (the side that loves art, even if I'm hopeless at it myself). Il Sung Na is an illustrator like no other, and the story is very sweet too. The kids really like this one, with all the different animals, and as they get older there are finer details to notice.

The text is very simple but the illustrations are deceptively simple and utterly gorgeous - I would love to get them as posters.

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They speak for themselves, I think. :)

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### **Bianca says**

One of the things I like most about children's book is the wide range in illustrating styles. And I like the style

of this book. Also, it's about animals and that is nice, most of the time. Plus, it covers one of my favorite things... sleeping. That makes it an all round winner for me, but my little girl never picks it when choosing a book for the night. We only read it when I want something different.

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### **Becki says**

Now this book was great. My four year old niece and I loved the illustrations. She could identify every animal. And wanted to know why the owl slept at night and the rest did not. Kept entertained and seeking knowledge. Win, win, win!!

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### **Hannah Notess says**

Reading this every night at bedtime, I still find it sweet, and it's short enough to not get boring.

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### **j says**

When I read this to my son/daughter, I like to make the sounds of the different animals. I also point out where the little owl is hidden on every page. S/he is still in utero, but I nevertheless feel like this is a worthwhile activity.

LOOK IT IS BEING CUDDLED BY THE TWO PENGUINS!  
THERE IT IS FLYING OVER THE WHALE IN THE OCEAN!  
NOW IT IS ON A WIRE WITH THOSE OTHER BIRDS\*!

The art is simultaneously classic and modern and I'm pretty sure no child will appreciate it on as many levels as I do.

(\*which kinda look like penises, just saying.)

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