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FOR IMMEDIATE RELEASE

Take a Snooze with Slumbering Animals on 'National Napping Day' *New Picture Book Shows Children How Animals Sleep*

MT. PLEASANT, S.C. (March 3, 2008) – First celebrated in 2001, “National Napping Day” is the first Monday after the start of daylight-saving time. This year’s nap-fest falls on Monday, March 10, but children’s author Suzanne Slade has no plans to reach for the snooze button.

Instead, she plans to educate children about the fascinating ways animals nap with the launch of her picture book, ***Animals are Sleeping.***

“My family was driving to my parents’ house in Indiana a few years ago for Thanksgiving dinner when my daughter pointed to a horse on an Amish farm and announced, ‘You know, they sleep standing up!’” Slade explained. “That inspired me. Eventually the idea led to a picture book manuscript with four verses and a total of 70 words, which share the fascinating ways 14 different animals sleep.”

Interestingly, Slade’s focus hasn’t always been on children’s literature. A former mechanical engineer, Slade used to work on Delta IV rockets for NASA before launching her new career in writing.

“When I was a teenager, I was interested in writing children’s stories, but my love of math and science determined my studies in college,” Slade said. “But after I became a mom and was reading picture books to my children everyday, I began to think about writing again.”

Slade has managed to combine that love of math and science with her interest in writing. To date, she has written more than 50 published books for young readers, most with science and nature themes.

In *Animals are Sleeping*, Slade uses short, lyrical text to describe location, position and duration of sleep of animals living in different habitats. Sylvan Dell Publishing, a children’s book publisher with a special interest in science and math themed stories, signed Gary R. Phillips as the illustrator, and his dreamy, detailed illustrations fill the pages.

“I had a blast researching many different kinds of animals and their sleeping habits for this story,” Slade laughed. “The hard part was deciding which animals to include!”

Readers interested in learning more about Suzanne Slade and her books can visit her Web site, www.SuzanneSlade.com. Matching stuffed animals, ordering information and free supplemental materials – such as audio readings, activity ideas, learning links, quizzes and more – are available at www.SylvanDellPublishing.com.

So, how exactly do animals sleep? Here’s a sample of fun facts from the "For Creative Minds" section in the back of *Animals are Sleeping*:

- A giraffe sleeps about five minutes at a time, standing up. It sleeps about six times a day for a total of about 30 minutes.

- A harbor seal may sleep while floating in water. It is lulled to sleep as it gently bobs up and down with only its head above water!
- Adult common swift birds can sleep while flying. At night, they fly above a pocket of warm air (about 3,000 to 6,000 feet above ground) and flap their wings about every four seconds as they sleep.

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Visuals:

For cover art or Slade's headshot, please e-mail AngieDzalamanow@SylvanDellPublishing.com.
