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NEW RELAXATION CD HELPS CHILDREN SLEEP BETTER

Austin counselor pairs with famed local musician to teach kids self-relaxation techniques to improve sleeping habits

Austin, TX— Falling asleep and sleeping soundly is a common problem for many children today. Most children have experienced problems such as resisting going to bed, taking a long time to fall asleep, waking up during the night, or having troubling nightmares. Jane Barnholdt, an accredited Austin counselor specializing in relaxation training, has teamed with renowned Rich Brotherton, Robert Earl Keen’s guitar player/band leader, to release *Snuggle Down & Say Goodnight*, a five-track CD compilation of narration, music, and imagery that create positive associations to help children sleep better.

Findings from The National Sleep Foundation’s 2004 “Sleep in America” poll indicate children are getting less sleep than experts recommend, while various studies show that 37 percent of children, kindergarten through fourth grade, suffer from at least one sleep-related problem.

In *Snuggle Down & Say Goodnight*, Barnholdt has adapted the oral traditions of storytelling and lullaby with breathing and body relaxation exercises to create a singularly soothing and warm way to ease little ones to sleep, while teaching them to calm themselves, develop self-awareness and mental focus. Brotherton, along with fellow musicians Ian Davidson and Jane Gillman, delivers a musical score encompassing a rich combination of original melodies with a traditional flavor played on acoustic guitars, cittern, dulcimer, English horn and oboe, flute and accordion.

“Sleep is vital for normal learning and for the formation of memory. Children need enough sleep to pay attention in school, to think creatively and solve problems, and to heal faster from sickness and injuries. Too little sleep can cause them to be impatient, cranky, hyperactive, and easily distracted in school,” Barnholdt says. “But children can help fortify themselves for the demands of our fast-paced world by teaching them how to relax. Even children who don’t have difficulty falling asleep need to know how to calm down their minds and bodies. Storytelling, combined with body relaxation instructions and pleasurable, soothing music, can reduce or eliminate anxiety and sleep problems.”

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