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### Elevator Pitch

For a children's book promoting the value of sleep, a child protagonist undergoes a series of trials where he or she makes decisions that teach about the benefits of a good night's rest. After they are left homeless by an antagonist that troubles the child's village, each day he or she must choose to sleep or sacrifice rest for travel on their way to defeat the villain. As the child suffers the consequences, or gains the benefits, depending on how much they sleep, he or she realizes that a proper amount sleep will give an advantage over the villain, and this newly found knowledge enables him or her to defeat that villain. The child then continues to sleep properly even after the trials are over.

Children of all ages can benefit from a proper night's sleep, as it is something that remains relevant for a lifetime. By adding a fantasy aspect to the story, making it a hero's tale, the book also becomes more interesting to its readers. Illustrations will also be present. Lastly, children follow example, so they will be more inclined to listen to the book rather than be told by their parents when to sleep.