

Fell into the Arms of Morpheus

*A gentle bedtime story about sleep, calmness
and trust*

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Introduction



Every evening, when the sun slowly puts away its golden lights and the moon rises like a silver boat, the world changes without anyone noticing. Sounds grow softer, colours become gentle, and a sweet stillness spreads like a warm blanket over houses, trees, and dreams.

It is the hour when thoughts stop running and begin to whisper. It is the hour when hearts curl up quietly inside us and eyelids grow heavy in the kindest way.

But it is not always easy to surrender to that silence. Sometimes thoughts become little birds flying quickly through the mind. Sometimes a small fear stands in a corner and makes a child keep his eyes open just a little longer.

And yet, there is a secret embrace waiting for every child and every grown-up. It is an embrace made of light and peace. You cannot see it with your eyes, but you can feel it in your heart. It is the embrace of sleep, where worries become smaller, thoughts find a nest, and dreams open their wings.

This is the journey of a child who learned that sleep is not something to fear. It is a friend, a guardian, a gentle presence that whispers: “You are safe. You may rest now.

See more in the book