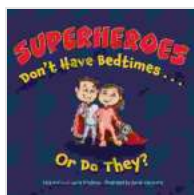


# Superheroes Don't Have Bedtimes... Or Do They?

We all know that superheroes are supposed to be invincible. They can leap tall buildings in a single bound, outrun a speeding bullet, and defy the laws of gravity with ease. But what about when it's time for bed?



## Superheroes Don't Have Bedtimes ... Or Do They?: A Story about the Power of a Good Night's Sleep

by Zack Bush

★★★★★ 4.7 out of 5

Language : English  
File size : 16889 KB  
Print length : 19 pages  
Lending : Enabled  
Screen Reader : Supported  
Hardcover : 105 pages  
Item Weight : 1.8 pounds  
Dimensions : 6.1 x 1.32 x 9.25 inches  
Paperback : 584 pages



Do superheroes have bedtimes? And if so, what do they do to get ready for sleep?

In this captivating book, we'll explore the secret nighttime rituals of beloved superheroes, revealing the surprising ways they recharge for their heroic adventures.

## The Batman: A Vigilante's Rest



As the sun sets over Gotham City, Batman emerges from his Batcave, his weary body aching from a long night of fighting crime. But even the Dark Knight needs his rest, and he has a unique bedtime routine that helps him prepare for another night of protecting the innocent.

First, Batman takes a hot shower to soothe his aching muscles. Then, he changes into his pajamas, which are made of a special material that helps him relax and sleep soundly. Finally, he reads a book or listens to some calming music to help him drift off to sleep.

### **Wonder Woman: A Princess's Slumber**



After a day of saving the world from evil, Wonder Woman retreats to her private quarters on Themyscira, the hidden island of the Our Book Librarys. Here, she has a calming bedtime routine that helps her prepare for another day of heroic adventures.

First, Wonder Woman takes a relaxing bath in a pool filled with rose petals. Then, she puts on her silk pajamas and brushes her long, flowing hair. Finally, she lies down on her bed and reads a book until she falls asleep.

### **Superman: A Man of Steel's Sleep**



When it's time for bed, Superman retreats to his Fortress of Solitude, a remote outpost located in the Arctic. Here, he has a calming bedtime routine that helps him recharge his powers and prepare for another day of saving the world.

First, Superman takes a brisk walk around the Fortress, enjoying the fresh air and the solitude. Then, he changes into his pajamas and lies down on

his bed. Finally, he closes his eyes and focuses on his breathing, clearing his mind and preparing for sleep.

### **Spider-Man: A Web-Slinger's Shut-Eye**



After a long night of web-slinging and crime-fighting, Spider-Man returns to his apartment in Queens, New York. Here, he has a unique bedtime routine that helps him relax and recharge for another day of saving the city.

First, Spider-Man takes a shower to wash away the grime and sweat of the day. Then, he puts on his pajamas and crawls into bed. Finally, he turns on his favorite music and listens to it until he falls asleep.

### **The Flash: A Speedster's Rest**

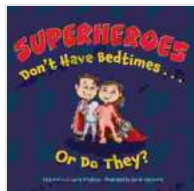


When it's time for bed, The Flash retreats to his bedroom in Central City. Here, he has a unique bedtime routine that helps him slow down and prepare for another day of running at super speeds.

First, The Flash takes a warm bath to relax his muscles. Then, he puts on his pajamas and lies down on his bed. Finally, he closes his eyes and focuses on his breathing, slowing his heart rate and preparing for sleep.

As we've seen, even superheroes need their sleep. And while their bedtime routines may be different from ours, they all serve the same purpose: to help them recharge and prepare for another day of saving the world.

So, the next time you see a superhero soaring through the sky or fighting crime on the streets, remember that they're just like us. They need their sleep, too.



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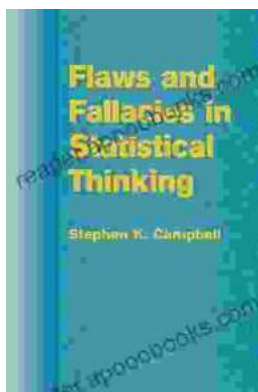
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