

Everything sometimes doesn't look like it but everything goes round and round! Everything goes on that's how it seems, you think it will never come back, you might have to wait till you see it again cause it follows a circular track. The sun doesn't go up, that ain't true and it don't go down between me and you, it only looks like that because the world goes round and round, round and round. In my life I have found that everything goes round and round. Round and round, round and round.

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Round and round, round and round.

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That everything goes round and round.

Zoe Salmon: A warm welcome to all of you listening today, my name is Zoe Salmon and theatre company Tutti Frutti has invited me to host this dreamy podcast all about sleep for you to play before bedtime to help you relax and fall asleep. I'm going to introduce you to a friend of mine, Bun Bun the rabbit from our sweet dreams audio play. He is going to talk to you and help you feel calm and get sleepy. It's time to snuggle up, get cosy and relax!

Bun Bun: Hello, it's Bun Bun. It's time to relax! Alright, night night, lie down, hold on tight, everything is as calm as it seems. Close your eyes, sweet dreams. Snuggle down, get comfortable, that's it, restful, relaxed, cosy, comfy. Good. You've been holding on tight to the day, now's the time to let it go. Breathe in, let your eyes close, and breathe out again. Let all the air out. Let the day float away. That's okay! In again. Take your time and out again. That's fine. In again, take your time and out again, ah. That's fine. Keep breathing in and out. In and out. And when you breathe out sink deeper and deeper into your bed and let all the day go and flow out of your mouth and fingers and toes. Ah. There's nowhere else you need to be, nothing that you need to do but here and now. Just breathe and chill. Breathe and chill. And rest. Ah. Underneath you is your bed like a fluffy cloud holding you safe, soft and safe and fluffy, warm and cosy, a perfect bed of dreams. Over you the stars forever floating by, round and round, round and round. Your lovely fluffy bed is taking you, floating up and up slowly into the night sky, light as a feather, light and happy floating and calm. Far away from the noise and the people living their lives, doing their stuff, you're far away, snuggled in fluff. A place where your happiest thoughts are, a place where your happiest dreams live. You could be alone or with your favourite friends or family. You could be watching the stars go by as the universe goes round and round, round and round as you slowly float by. Everything goes, or that's how it seems. You think it will never come back. You might have to wait till you see it again because it follows a circular track round and round, round and round. In my life I have found that you are really safe and sound, because everything in this universe goes round and round and round. When you think it's gone away day follows night and night follows day. Why it's the case? Who knows, but everything that goes will just go round and round and then it all comes round and round again and let the day float away till it all comes round again. Alright, night night. That's right. Sleep tight. Everything is as calm as it seems. Close your eyes, sweet dreams. Sweet dreams.

Zoe Salmon: Thank you Bun Bun, and thank you for listening and remember, sleep tight and sweet dreams.

This podcast was brought to you by Tutti Frutti working with Naked Productions and our partners The Sleep Charity. For more information visit www.tutti-frutti.org.uk and for more help with sleep visit www.thesleepcharity.org.uk

Alright, night night, lie down, sleep tight, nothing is as bad as it seems. Close your eyes, sweet dreams. Close your eyes, sweet dreams. Close your eyes, sweet dreams.