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New book and accompanying angel doll providing needed sleep for children and hope for parents

The Angel Guardian series takes flight with Kickstarter and "Buy a Book, Give a Book" program

AUSTIN, TEXAS – Oct. 16, 2014 – A consistent bedtime routine significantly improves sleep in infants and toddlers, a study from the American Academy of Sleep Medicine shows. But parents know just how difficult it can be to get little ones to wind down for the night.

Austin couple Chris and Michelle Miller lived through that struggle nightly. Getting their three children into bed, and then getting them to stay in bed. They tried everything. They rationalized, pleaded and bribed, but nothing worked. Inevitably, they'd hear the pitter-patter of tiny feet coming out for one more hug, a glass of water or to be comforted from the scary noises and monsters.

Searching for a solution to the bedtime battle, the idea for *The Angel Guardian* was born. The Millers began telling their kids about a whimsical, magical little angel who guided them step-by-step through their bedtime routine. Their Angel Guardian was a friend who they could share their secrets, dreams and fears with, and who would watch over them while they slept. Soon, bedtime turned from nightly chaos to a fun time the family looked forward to.

After seeing the profound change in their own household, the Millers knew the story of this little angel could help others. They teamed up with Austin illustrator Nessa Dee to create *The Angel Guardian*, a children's illustrated book specifically designed to read at bedtime.

The Angel Guardian is more than just a story. In a fun, entertaining way, the angel walks her charge through a consistent bedtime routine, one of the keys to children getting a better night's sleep. *The Angel Guardian* also addresses the fears children so often have at night, reducing anxiety and speeding up the time it takes children to fall asleep. A matching Angel Guardian doll will also be available for kids to cuddle with during the story, and to keep them company as they drift off to sleep.

The Millers are launching a [Kickstarter campaign](#) today to help place minimum orders for manufacturing both the books and angel dolls. Kickstarter backers will receive the hardcover books and angel dolls before the public, along with exclusive rewards. The campaign will also include a **Buy a Book, Give a Book Program**. The Millers hope to help children around the world get a better night's sleep. So, every backer who buys the hardcover copy will receive an extra book free to deliver to the school, library or charity of their choice.

"We want all parents and kids to have a smooth, happy bedtime," Chris says. "The Buy a Book, Give a Book Program helps readers not only benefit their own families, but connect with and help others in their community."

Chris and Michelle Miller live in Austin with their three children, Sydney, 6, Sabrina, 4, and Luke, 2. After a longtime struggle with infertility, they co-authored *Where Have All the Storks Gone? A His-and-Hers guide to Infertility* (Originato Publishing, Sept. 2014) to help others going through the difficult process. They also founded the [Stork Parenting](#) website, where they write about and share resources on infertility, pregnancy and parenting. They are both contributors to Huffington Post, and have been featured in *The Austin American Statesman* and *Fertility Road Magazine*. For more on *The Angel Guardian*, visit www.theangelguardian.com.

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