



Press Release: Embargoed until 00:01 Thursday 12th March

Walker acquires timely teen guide to sleep from Nicola Morgan

Walker Books are set to publish *The Awesome Power of Sleep: How to Super-Charge Your Teenage Brain* by Nicola Morgan in February 2021, following on from her bestselling books including *Blame My Brain* and *The Teenage Guide to Stress*. Earlier this year, a study from the World Health Organization showed that one in four 11 to 15-year-olds in England have too little sleep and other recent headlines show just how timely the book will be as not only parents and teachers but, most importantly, teenagers notice the effects of sleep loss on how they feel and function. Executive Editorial Director Denise Johnstone-Burt acquired World English language rights from Elizabeth Roy Literary Agency.

Social brains, addictive technology and minds racing with exam stress and friendship worries: it's no wonder a teenage stereotype is tired eyes and sleeping through the weekend. Then there's the biological truth that teenagers need more sleep than adults but have different natural rhythms, making it hard to fall asleep in good time. Getting enough quality sleep can be challenging and yet it is crucial to health, wellbeing and learning. Internationally renowned expert on the teenage brain, Nicola Morgan, tackles this essential subject, unpicking the fascinating up-to-date science with a focus on teenage brains and lives, explaining how to have the best sleep possible.

Nicola Morgan is an internationally acclaimed author and authority on teenage wellbeing including how stress impacts performance, the effects of screens, social media, and reading for pleasure. She was a multi-award-winning YA novelist before writing her bestselling examination of the teenage brain, *Blame My Brain*, which was shortlisted for the Aventis Prize. *The Teenage Guide to Stress*, *The Teenage Guide to Friends*, *Positively Teenage*, *Life Online* and her popular teaching materials have further consolidated her reputation. In 2018, she was awarded the SLA's prestigious award for Outstanding Contribution to Information Books.

Denise Johnstone-Burt said:

"Nicola Morgan's books are always essential reading and never has a book been more timely in view of the sleep crisis all around us. Nicola's clear and engaging way of presenting information as well as her practical strategies and advice make this a book parents and teenagers will devour. We are absolutely thrilled to be publishing it."

Nicola Morgan said:

"The most common questions I get from young people are about sleep - they really want to know! I always knew sleep was important but researching the new science means I really prioritise it now - and have strategies to make it work! I'm really excited to be sharing this with the readers of my teenage wellbeing books so they can harness the truly awesome power of sleep to build physical and mental health. As usual, I'm writing for teenagers but adults will learn a lot, too!"

For more information, or to request interviews or events with Nicola, please contact Rosi Crawley on rosi.crawley@walker.co.uk

About Walker Books

Home to books for all ages, **Walker Books** publishes many award-winning authors, illustrators, and literary franchises including Anthony Horowitz, Cassandra Clare, Lucy Cousins, *Guess How Much I Love You* by Sam McBratney and Anita Jeram, Anthony Browne, Patrick Ness, and *Where's Wally?* by Martin Handford. Walker Books is part of the vibrant international **Walker Books Group** that includes **Walker Books Australia**; **Candlewick Press** in America and its new division, **Walker Books US**; and **Walker Productions**. The **Walker Books Group** enjoys a unique ownership structure which includes employees from around the world and more than 150 long-term authors and illustrators. Walker is the world's leading wholly independent publisher of English-language children's books.