



Sleep Savvy

Trying to get your kids to go to sleep can sometimes be a battle. That's why Dr. Kristen Race, owner of Steamboat Springs-based **Smart Dreamzzz**, has developed a series of CDs that help kids go to bed easily and sleep through the night. According to Dr. Race, who has a PhD in child, family and school psychology, nearly 75 percent of parents cite their child's sleep as one of the most stressful parts of parenting. She even experienced this stressful situation while trying to lull her own kids to sleep. "I tried absolutely everything [from keeping] doors open, [leaving] lights on and [using] dream catchers," she says. "You name it; I tried it." When none of those ideas worked, she tried using a meditation CD. However, it wasn't designed for children. So, she decided to create a product that would calm stress responses in children and help them learn how to relax at an early age. The company's first CD, *Animal Dreamzzz*, is aimed at children ages 3 to 10 years old. Consisting of three different stories, the CD has children imagine they are a baby elephant, a giraffe or a cuddly bear as they relax their muscles and drift off to sleep. Additional CDs include *Dino Dreamzzz* and *Day Dreamzzz*, and each is available in stores such as Tattered Cover Book Stores and Belly Bliss for \$12.99. Downloadable versions also are available online at smartdreamzzz.com for \$9.99.



Bicyclists Unite

While Denver has some amazing bike trails, there is still much to be done to improve and expand bicycling infrastructure. As a result, the **Bikes Belong Foundation** (the Boulder-based non-profit arm of the Bikes Belong Coalition) recently launched **PeopleForBikes.org**. The initiative aims to unify one million bicyclists to encourage government leaders to support legislation that improves bike paths, lanes, trails and other facilities across the nation. The end goal is to make bicycling safer, more convenient and appealing for everyone. According to Tim Blumenthal, president of Bikes Belong Coalition, millions of Americans ride bikes, but only a few are actively involved in supporting bicycling. "This is a unique opportunity," he says. "We have seven national non-profit bike group partners, and they are all terrific organizations. The one missing element is [uniting] all of the people who ride bikes." Since the launch of the initiative on April 15, 2010, peopleforbikes.org has had nearly 25,000 people pledge their support for improved bicycling legislation. For more information, and to sign the pledge (it's free and easy), visit peopleforbikes.org

Colorado Canines

Alright Denver dog lovers...we know you don't like to leave your four-legged friends behind. Even though Colorado is one of the pet-friendliest states in the country, knowing where and when your canine companion is welcome, is sometimes a mystery. Now you can definitely be "in the know" with the newly revised and updated *Canine Colorado, Third Edition: Where to Go and What to Do with Your Dog*. This hot-selling comprehensive guidebook highlights dog-oriented excursions and events; leash laws and trail etiquette; doggie daycare services; veterinarian information and specialty pet boutiques in addition to the state's best dog-friendly trails and accommodations. Packed with detailed information, maps and broken down by region, *Canine Colorado* is a staple for dog lovers. \$18.95. Available at fulcrumbooks.com, Tattered Cover Book Store, Borders and Barnes & Noble.

