



Sweet Dreams, Supergirl

Michael Dahl , Omar Lozano (Illustrations)

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A young Supergirl fan faces her most elusive adversary sleep! As darkness falls, a young girl attempts to catch some Z's while DC Comics' SUPERGIRL tracks down an elusive enemy. With super hero traits, like BRAVERY, PATIENCE, and PERSISTENCE, they'll both turn sleepless nights into sweet success and sweet dreams. Along with Omar Lozano's action-packed art, bestselling author Michael Dahl (Bedtime for Batman, Good Morning, Superman and Be a Star, Wonder Woman) delivers an imaginative bedtime book for fangirls and fanboys alike.

Sweet Dreams, Supergirl Details

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Author : Michael Dahl , Omar Lozano (Illustrations)

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From Reader Review Sweet Dreams, Supergirl for online ebook

Muriel says

Another edition to Michael Dahl's superhero series, Sweet Dreams, Supergirl tells the story of a young girl at bedtime. The girl mimics the actions of Supergirl as she readys herself for bed. The illustrations are engaging and bright. Children 3-7 years old can benefit from the sweet dreams checklist as a reminder of children's nighttime responsibilities and things to do before bed. The story promotes bravery, power, and rest. Overall a quick read before bed.

Note: I was allowed an advance copy of this book to review. In no way did that affect my opinions.

Steph says

The other three books in the series were so much better, but this is still cute enough. A bit more corny or something, but still sweet.

Laura says

This is such a cool series, that I would have loved to have when I was a kid, or even when my daughter was a kid. I love the way this, and the others in the series, link the child's actions to those of their favorite super hero, in this case, Supergirl.

This is a bedtime book, but it goes over all the important things you must do to go to bed, and rest up for another day, just the way that Supergirl does.

I'm sure this is fun for kids to read, or have read to them, and even parents won't mind it.

Recommended for home libraries, as another arsenal in the books to read to go to sleep to.

Thanks to Netgalley for making this book available for an honest review.

Ryan says

I love these books. I can not get enough. The book shows a child doing all the same things a superhero does. In this case, our little girl is getting ready to sleep and to dream, just like Supergirl does. Not only is the story done well, and the illustrations spot on, the team behind these titles tries to be inclusive of all people. You do not see the same kid in each book. So far we have had Batman, Wonder woman, Superman, and now Supergirl. Who's next. I'm ready!

Ben Truong says

Sweet Dreams, Supergirl is a children's picture book written by Michael Dahl and illustrated by Omar Lozano, which focus on a girl's nightly routine and the importance of having a good night sleep co-featuring the Girl of Steel and her companions. This is the third book in the *DC Superhero Bedtime*.

Dahl's text is simplistic a straightforward. It centers on a little girl superhero's nightly routine as she gets ready for bed. I like that there is a parallel and contrasting story that has the Girl of Steel following an opposite routine, as we follow what Supergirl does in the day relies on what the little girl has to do at night – get enough sleep for the next day's adventure. Lozano's illustrations are simply wonderful and depict the text rather well – it gives a cartoonish vibe, which is apropos to the book.

The premise of the book is rather straightforward. It's about this little girl preparing for a grand adventure – going to bed! The little girl knows the importance of getting a good night's rest, because without it she couldn't go on adventures the next day. However, going to sleep could be an adventure as well as the little girl dreams about flying with her hero Supergirl.

All in all, *Sweet Dreams, Supergirl* is wonderful children's book that shows that having a good night's rest is very important and could be adventurous as well.

McKenzie Richardson says

For more reviews, check out my blog: [Craft-Cycle](#)

Cute book about getting ready to sleep. As with the other books in the series, I really enjoyed the illustrations. Loved the parallels between Supergirl and the main character.

I'll admit, I enjoyed *Be a Star*, *Wonder Woman!* and *Bedtime for Batman* a little more than this one, but this was still a fun read. I feel like the setup was a little different. This one was more about the little girl going to sleep whereas the other ones were nicely set up as a list of things to do before bed or for getting read in the morning.

This book does include a Sweet Dreams Checklist at the end, including items such as "share stories" and "breathe easy".

Good book that pairs well with the others in the series. I still have to get my hands on *Good Morning, Superman*.

Jim says

I love *Sweet Dreams, Supergirl!*

I wish my daughter was still young enough for me to read this to her every night. I don't know what else to say but that it is completely adorable.

I might read it to myself every night before I go to bed.

(And I love that Streaky the Supercat makes an appearance *and* the little girl has a Streaky the Supercat toy!)

Thanks to NetGalley and Capstone for a copy in return for an honest review.

?Tara Sheehan? says

I have 2 daughters who are HUGE fans of Supergirl and Wonder Woman so reading this to them was a no brainer.

I liked how the story started off with the girl essentially ‘acting out’ or mimicking the actions of Supergirl because I often let my girls do something similar when we first read together at night as I find it helps give them that opportunity to release one last bit of energy before settling down. This is a great book to let your kid be a part of especially as the story encourages them to rest and explains why they need to so they can be a hero the next day – a great reason to give your kid who doesn’t want to sleep!

As a mother I liked the mother/daughter theme in the story and it helped me point out again the importance of family. The story and art work together very well to show the dichotomy between day and night which reinforces that idea of now it’s bedtime and you need to rest.

If you have a DC fan you’ll want to pick up this really cute story to help encourage your young one for the need to recharge so they can be a Super Hero too. If you haven’t checked it out Michael Dahl has also written a great Batman version!

Donna Maguire says

I enjoyed this book, the tick list at the back for children to check is great too. The images are brilliant, sharp and bright and I can see it being a firm favourite for any fans of Supergirl, Wonder Women alongside other super heroes

Stacy Renee (LazyDayLit) says

This is one of 4 DC superhero picture books written by Michael Dahl and illustrated by Omar Lozano. Super cute books and perfect for bedtime!

This review was originally posted on Lazy Day Literature

This is the perfect bedtime story book for all those budding little superheroes out there. Very much like Michael Dahl’s other DC superhero picture books, Sweet Dreams, Supergirl is a fun and brightly illustrated read full of action and excitement. It’s a great reminder that even superheroes have to wind down at the end of a long, action-filled day.

The full page illustrations feature both Supergirl (as well as a few of her super friends) and a little girl who is just as super. It contrasts the hardships of the day with getting ready for bed in a comic book style that is lots of fun.

I especially loved that the book on her nightstand and that her mother reads to her at night is so obviously The Hobbit by J.R.R. Tolkien. It's one of my favorites so it stood out, though I have no idea what it has to do with superheroes.

Many thanks to Netgalley and the publisher for a free ecopy of this picture book!

Rachel McKitterick says

thank you to Capstone Publishers and Netgalley for a copy of this book in exchange for an honest review

5 stars.

Oh my god im in love. This book is BEAUTIFUL! The artwork is stunning, it would definitely grab little childrens eyes. Even I took along time just taking in all of the pictures.

The story is perfect for bedtime. Trying to get children to settle at night and telling them that even superheroes need to relax and go to sleep is such a good idea. To have somebody be such a positive role model for all little girls (and boys) to look up to is so important. So to have Supergirl included in this just makes it the 5 stars. Its an adorable book. One that I can see being a favourite at bedtime. Im adding it to my list of books to buy.

Angie says

I didn't love this one as much as I loved the other 3 books in the series but still really cute and a fun way to introduce little kids to the DC heroes.

Melissa says

I have enjoyed all of the books in this series, and was excited to see our favorite Supergirl starring in the newest installment! My little one has the Supergirl Itty Bitty so naturally we had fun making her fly around while we read this book. It was delightful as always and we especially love the details in the pictures - from the toys on the bed (Wonder Woman and their sidekicks!) to the bedtime story they were reading (The Hobbit!). However, I felt like the others in the series did a better job of matching what the superhero was doing with what the child was doing, while in this case it was more of the opposite - Supergirl was off doing incredible things in the daytime, and the child was getting ready for bed with little to no relation in their actions. But I still thoroughly enjoyed the main messages - the calming bedtime routine, and about being brave and dreaming big!

Carla Johnson-Hicks says

This is another cute bedtime story for those superhero fans, especially the girls. This is the fourth DC superhero book by Michael Dahl and they all are great reads. Each book features a different Superhero as well as main character. They are also inclusive of all ethnicities. This one shows a young girl mimicking the actions of Supergirl. It also shows her getting ready for bed after a day of saving the world. I like that it stresses the importance of rest to rejuvenate the body for the next day's adventures. The illustrations are large, colourful and detailed. The split page showing Supergirl and the young girl show how anyone can be a superhero. This could easily become a favourite story anytime of day but especially at bedtime. A great book for any and all family libraries with children or grandchildren. The publisher generously provided me with a copy of this book via Netgalley.

Sharon Coffey says

This is a nighttime read for all little super heroes in training. Saving the world is hard work to say the least. After the work's done and the day winds down, even super heroes need their sleep. Our little girl main character emulates her hero, Supergirl. This is a parallel story that demonstrates bedtime rituals and sleep are needed for the greatest super heroes down to the smallest ones. Even super heroes need to recharge to face another day.

The illustrations, in bold reds, yellows and blues bring the action to the forefront. Our main character is particularly cute. All the little nuances added by the illustrator, the toys on the girl's bed and the bedtime book itself add special touches to the great split screen comparison pictures.

And if that wasn't enough, there's a sweet dreams bedtime checklist included. What's not to love about this great nighttime read?
