

# SLEEP BETTER!: A GUIDE TO IMPROVING SLEEP FOR CHILDREN WITH SPECIAL NEEDS

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Her hands so pale, the palms both bruised..Fear clotted in Junior's veins, and he stood like an impacted embolism in the busy flow of pedestrians, certain that he himself would at any moment succumb to a stroke..He swore that he would throw away all memory of this incident, as well. In Caesar Zedd's best-selling How to Deny the Power of the Past, the author offers a series of techniques for expunging forever all recollection of those events that cause us psychological damage, pain, or even merely embarrassment. Junior went to bed with his precious copy of this book and a snifter of cognac filled almost to the brim..They were as gracious as any people he had ever met, but they also seemed genuinely interested in his story. He wasn't surprised that Junior blinked and dared not speak, because he didn't know any Bartholomew, and now he was certain the cop was weaving an elaborate web of deceit, setting a trap. Why would he have spoken a name that meant nothing to him?."Our new roof," Bill said, pointing overhead, "will hold through any hurricane. Fine work. You tell Agnes what fine.Perhaps his sister intuited what Edom was about to say, because she didn't let him get started..More likely than not, Victoria spoke directly to the maniac detective. Even if she reported her sordid fabrications to another officer, it would have gotten back to Vanadium, and the cop would have sought her out at once to hear her filth firsthand, whereupon she would have enhanced her story until it sounded as though Junior had grabbed her knockers and had tried to shove his tongue down her throat..She wasn't listening closely to him. Numb. She felt as though she were half anesthetized. She was looking past him, at nothing, and his Voice seemed to be coming to her through several layers of surgical masks, though he now wore none at all..She repeated this ritual eleven more times--"For Andrew, for James, for John"--frequently glancing into the nave behind her, to be sure that she was unobserved..Junior had hoped not to be recognized by anyone at this affair. He regretted that he hadn't stuck to his original plan, maintaining surveillance of the gallery from his parked car..The wink startled and baffled Edom. Oddly, he thought of the mysterious, disembodied, and eternally unblinking eye in the floating pinnacle of the pyramid that was on the back of any one-dollar bill..Similarities between Naomi and her mom- ended with appearances. Sheena was loud, crass, self-absorbed, and had the vocabulary of a brothel owner specializing in service to sailors with Tourette's syndrome.. "It's a miracle both of you didn't go through that railing," the attorney agreed..Dusk had arrived, strangling the day, and the throttled sky hung low, as blue-black as bruises. The streetlights had come on. Gouts of red light from pulsing emergency beacons alchemized the rain from teardrops into showers of blood..Celestina said, "Phimie wasn't a mind reader. That's science fiction, Dr. Lipscomb."..She lived with her parents then. They had converted the dining room to a bedroom for her..Requital. Restitutional apology, which must have been learned in a law school where English was the second language. Even atonement..Barty paced off the downstairs hallway to the kitchen, thinking about Dr. Jekyll and the hideous Mr. Hyde..By the time he ordered cr?me brulee for dessert, he was able to laugh at himself. Had he expected to see a ghost enjoying a cocktail and free cashews at the bar?.The runt was so out of proportion to his office furniture that he appeared to be a bug perched in the giant leather executive chair, which itself looked like the maw of a Venus's--flytrap about to swallow him for lunch. He allowed such a lengthy silence to follow Junior's question that by the time he answered, his reply was superfluous..Consequently, he scheduled more time every day with the phone books. He had obtained directories for all nine counties that, with the city itself, comprised the Bay Area..Shortly after nine-thirty in the morning, they landed in Eugene, and the cab driver who conveyed Junior to the town's largest shopping center spent more time staring at his afflicted passenger in the rearview mirror than he did watching the road. Junior got out of the taxi and paid through the driver's open window. The cabbie didn't even wait for his fiery-faced fare to turn completely away before he crossed himself..A surprising number of the women who had been his lovers were recreational drug users, and over the past couple years, he had met several dealers who supplied them. From the least savory of these, he purchased five thousand dollars' worth of cocaine and LSD to establish his credibility, after which he inquired about forged documents..One, two, three, four-Edom took away all the remaining pies. He pointed at Barty and then at the empty table..This saving spirit retreated, and in his place came a young paramedic in a black-and-yellow rain slicker over hospital whites. "Just want to be sure there's no spinal injury before we move you. Can you squeeze my hands?".He knocked the pepper shaker on its side, and then with a groan put it upright once more..The man, whom the others called Licky, led him out into a hot, bright morning that dazzled his eyes. Leaving his cell he had felt the spellbonds loosen and fall away, but there were other spells woven about other buildings of the place, especially around a tall stone tower, filling the air with sticky lines of resistance and repulsion. If he tried to push forward into them his face and belly stung with jabs of agony, so that he looked at his body in horror for the wound; but there was no wound. Gagged and bound, without his voice and hands to work magic, he could do nothing against these spells. Licky had tied one end of a braided leather cord around his neck and held the other end, following him. He let Otter walk into a couple of the spells, and after that Otter avoided them. Where they were was plain enough: the dusty pathways bent to miss them..unwittingly oversell any strong reaction, striking a false note and raising suspicions.. "July 6, 1944, in Hartford, Connecticut, a fire broke out in the great tent of the Ringling Brothers and Barnum and Bailey Circus at two-forty in the afternoon, while six thousand patrons watched the Wallendas, a world-famous high-wire troupe, ascend to begin their act. By three o'clock, the fire burned out, following the collapse of the flaming tent, leaving one hundred sixty-eight dead. Another five hundred people were badly injured, but one thousand circus animals-including forty lions and forty elephants-were not harmed."..Too late. The parsonage was fully engulfed. With luck, they would save the church..She woke weeping from the dreams, and she wanted no witnesses. She wasn't embarrassed by her tears. She just didn't want to share them with anyone but Barty..Earlier, before leaving home, he had taken a preventive dose of paregoric. For

now, at least, his bowels were quiet. "I can do this with just a very little Novocain," she said, "so your mouth won't be numb for dinner." In addition to mulling over strategy, Tom had spent a lot of time lately brooding about culpability: his own, not Cain's. By seizing on the name that he heard Cain speak in a dream, by making use of it in this psychological warfare, had he been the architect of the killer's Bartholomew obsession, or if not the architect, then at least an assisting. "You must've slipped this one in my pocket when you first came in here," Nolly deduced. Unable to hold his breath or to quiet his miserable sobbing, Junior couldn't hear clearly enough to discern whether the sounds of the stalking sculpture were real or imagined. He knew that they had to be imaginary, but he felt they were real. He hurt too much to recover quickly and take advantage of the woman's brief vulnerability. Clambering to his feet, he backed away from her and fumbled in a pocket for spare cartridges. In the crisis, the rack holding her oxygen bottle had been rolled to the bed. The breathing mask lay on the pillow beside her. Smiling in the fearless dark, she listened to the rhythmic breathing of a sleeping boy. Suddenly so many of Zedd's greatest maxims seemed to conflict with one another, when previously they had together formed a reliable philosophy and guide to success. Edom removed two of the pies from the table and put them on the counter near the ovens. Pain again, but not a mere contraction. Such an excruciation, unendurable. The hobnailed wheels ground through her once more, as though she were being broken on a medieval torture device. To be useful, anger must be channeled, as Zedd explains with unusually poetic prose in *The Beauty of Rage: Channel Your Anger and Be a Winner* Junior's current predicament would only get worse if he had to telephone Roto-Rooter to extract a musician from the plumbing. "If her blood pressure stabilizes through the night," Dr. Daines continued, "I want her to undergo a cesarean at seven in the morning. The danger of eclampsia passes entirely after birth. I'd like to refer Phimie to Dr. Aaron Kaltenbach. He's a superb obstetrician." He continued until four aces of hearts and four aces of diamonds were on the table in front of him. These eight draws he had prepared, and this effect was his intention. As Barty stepped across the threshold into the upstairs hall, Miss Pixie Lee said, "You're sweet, Barty. When the convulsive seizure passed, as he collapsed back on the spattered pillow, shuddering at the stench rising from his hideously fouled clothes, Junior was suddenly struck by an idea that was either. Earlier, after sprinting down the fire road, he had been breathing hard when he reached his Chevy, and by the time that he'd raced to Spruce Hills, the nearest town, he had spiraled down into this strange condition. His driving became so erratic that a black-and-white had tried to pull him over, but by then he was a block from a hospital, and he didn't stop until he got there, taking the entry drive too sharply, jolting across the curb, nearly slamming into a parked car, sliding to a stop in a no-parking zone at the emergency entrance, lurching like a drunkard as he got out of the Chevy, screaming at the cop to get an ambulance. His body ached, too, especially his back, from the battering that he had taken. He remembered hitting the floor with his chin, and he supposed that he might have gotten knocked about the face more than he realized or remembered. If so, there would be bruises soon, but bruises would fade with time; in the interim, they might make him even more attractive to women, who would want to console him and kiss away the pain-especially when they discovered that he had sustained his injuries in a brutal fight, while rescuing a neighbor from a would-be rapist. During the girl's final appointment, Junior discovered she would be home alone that same night, her parents at a function she wasn't required to attend. She appeared to reveal this inadvertently, quite innocently; however, Junior was a bloodhound when it came to smelling seduction, regardless of how subtle the scent. And the mills of capitalism provide them. Supply meets demand. Fantasy becomes a commodity, an industry. He hadn't lied to his mother. She assumed that by some quantum magic, he had regained his sight permanently, and that this came with no cost. He merely allowed her to go to her rest with the comforting misapprehension that her son had been freed from darkness. Focus. Prepare to kill Bartholomew and anyone who tries to protect Bartholomew on January 12. Prepare for all contingencies. Nolly said, "We've never really had a song of our own, in spite of all the dancing we do. I think this is a good one. But so far, you've only sung it to another man." Every distorted shape, every smear of color, every swath of light and shudder of shadows resisted her attempts to relate them to the world she knew, as if shimmering before her were the landscape of a dream. "I'm not. I'm just going to be the conscience that Enoch Cain seems to have been born without." The paramedic put aside the needle, having used it, and grabbed the paddles of a. He was a pretty good detective, but as regarded the minutiae of daily life, he wasn't as organized as he would like to be. He never remembered to set aside his holey socks for darning; and once he had worn a hat with a bullet hole in it for nearly a year before he'd at last thought to buy a new one. No scent of gasoline fouled the air. Apparently, the tank had not burst. Sudden immolation seemed unlikely-but only an hour ago so had Joe's untimely death. The previous April, the lads from Liverpool had claimed all five of the top five. Real Americans, like the Beach Boys and the Four Seasons, were forced to settle for lower numbers. It made you wonder who had really won the Revolutionary War. Paul Damascus remained busy, filling prescriptions, until he was finally able to take a lunch break at two-thirty. More than once, a passing nurse stopped to check on him and to advise him not to exhaust himself. Tom opened his empty hands and then filled one of them with his water glass. The rattling ice belied his calm face. On the nightstand waited a glass of water on a coaster and a pharmacy bottle containing several capsules of a potent painkiller. And somewhere Selma Galloway, their neighbor, was not a spinster but a married woman with grandchildren. People like Enoch Cain, of course, never choose between the right and the wrong thing, but between two evils. For themselves, they create world after world of despair. For others, they make worlds of pain. When Junior checked his Rolex, he realized that he didn't know how long he'd been sitting here since Ichabod had driven off in the Buick. Maybe one minute, maybe ten. Junior put the money on the desk. "Then get into the records of Family Services." He feared that suicide was a ticket to Hell, and he knew that sinless Perri was not waiting for him in those lower realms. Junior worried that he might not locate the correct Dumpster among the many. Yet he didn't switch on the flashlight, suspecting that he would be better able to find his way if the conditions of darkness and fog were exactly as they had been earlier. In fact, this proved to be the case, and he instantly recognized the hulking Dumpster when he came upon it. "Why do you think he's spending his money for all this tricky stuff?" Kathleen wondered, not for the first time. Your deeds ... will return to you, magnified beyond imagining ... the spirit of Bartholomew ... will find you ... and mete out the terrible judgment that you deserve. Even as this news pleased Junior, it also saddened him. He was not merely interring a lovely wife, but also his first child. He was burying his family. Some information she'd withheld from him: that the cancer might already have spread, that he might still die even after his eyes were removed-and that if it hadn't yet spread, it might soon do so. He smiled ruefully. "Might be ready for a wedding by then, but not a honeymoon."

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