

best true crime podcasts to fall asleep to

The Paradox of Sleep and True Crime: Finding Comfort in the Unsettling

best true crime podcasts to fall asleep to is a surprisingly popular search query, reflecting a unique human fascination with the darker aspects of life, even when seeking rest. The allure lies in the narrative structure, the meticulous investigation, and the often-unresolved mysteries that these podcasts present. For some, the steady narration and intricate details can act as a meditative distraction from daily anxieties, lulling them into a state of calm rather than fear. This article delves into the nuanced world of true crime podcasts that, against all odds, can contribute to a peaceful night's sleep, exploring the specific characteristics that make them suitable for this unusual purpose. We will examine various subgenres and recommended listening experiences, demystifying how one can find solace in tales of crime.

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The Psychology Behind Falling Asleep to True Crime

The concept of finding comfort in disturbing content for sleep might seem counterintuitive, but it taps into several psychological phenomena. One of the primary reasons is the "distraction theory." When the mind is racing with personal worries or stressful thoughts, a compelling narrative, even a grim one, can effectively redirect focus. The intricate details of a case, the unfolding of evidence, and the investigative process can occupy the mental space that would otherwise be filled with anxious rumination. This mental engagement can

lead to a state of "flow," where an individual is so engrossed in an activity that they lose track of time and self-awareness, a state conducive to relaxation.

Furthermore, the predictable structure of many true crime podcasts, often following a chronological investigation or a consistent storytelling format, can be soothing. The listener knows what to expect in terms of pacing and content, which can create a sense of order and control in an otherwise chaotic world. This predictability can be more calming than the unpredictable nature of one's own thoughts or the ambient sounds of a quiet room that might otherwise amplify anxieties. The act of listening itself, with its rhythmic cadence and vocal intonations, can also mimic the white noise effect, masking other disruptive sounds and promoting a sense of peaceful enclosure.

Characteristics of Ideal Sleep-Inducing True Crime Podcasts

Not all true crime podcasts are created equal when it comes to facilitating sleep. Several key characteristics differentiate those that can lull you to slumber from those that might keep you wide awake with adrenaline. The most crucial element is the narrative style. Podcasts that feature a single, calm narrator with a consistent, measured tone are generally more effective. Overly dramatic voice acting, sudden loud noises, or aggressive interviewing styles are detrimental to a relaxing experience. The pacing of the story is also paramount; a slow, deliberate unfolding of events, with ample detail and analysis, is far more conducive to sleep than rapid-fire storytelling.

Another vital characteristic is the focus of the storytelling. Podcasts that prioritize investigative depth, psychological analysis of perpetrators and victims, and the societal impact of crime tend to be more sleep-friendly. Those that sensationalize violence, dwell excessively on gruesome details, or feature graphic audio recordings are likely to induce nightmares rather than peaceful sleep. The absence of cliffhangers or overly suspenseful endings within individual episodes can also contribute to a sense of closure and peace, making it easier to drift off without the urge to immediately start the next episode.

The overall production quality plays a significant role. Clear audio, minimal background noise, and well-edited episodes contribute to a polished and professional listening experience that is less likely to be jarring. A podcast that feels meticulously crafted, even when dealing with disturbing subject matter, can offer a sense of calm competence that is indirectly soothing.

Recommended Podcasts for Sleepy Listeners

When curating a playlist for nocturnal listening, certain podcasts consistently rise to the top due to their soothing narration and in-depth exploration of cases. These shows often prioritize storytelling and investigative journalism over shock value, making them ideal for those seeking a tranquil experience.

- **My Favorite Murder:** While known for its humor, the conversational style and the hosts' genuine empathy can be surprisingly comforting. The sheer volume of episodes provides endless listening material.
- **Criminal (by Phoebe Judge):** Phoebe Judge's distinctively calm and measured voice, coupled with her focus on lesser-known crimes and the broader implications of criminal acts, creates a uniquely serene listening environment. The episodes are often reflective and thought-provoking rather than adrenaline-inducing.
- **Someone Knows Something:** Host David Ridgen's empathetic and methodical approach to unraveling cold cases, often with a focus on the victims and their families, provides a narrative that is compelling yet rarely sensational. The slow burn of the investigation is perfect for winding down.
- **Casefile: True Crime:** While the subject matter is undeniably dark, the anonymous host's consistent, neutral, and almost detached narration, combined with thorough research, creates an absorbing yet non-jarring experience. The lack of personality from the host can paradoxically be very grounding for listeners.
- **The Trail Went Cold:** Robin Warder's deep dives into unsolved mysteries and disappearances are delivered with a consistent, calm, and informative tone. The focus is on presenting facts and theories in a well-structured manner, making it easy to follow without becoming overly agitated.

Exploring Different Subgenres of True Crime for Relaxation

The vast landscape of true crime podcasts encompasses various subgenres, each offering a different flavor of storytelling that can be leveraged for sleep. Understanding these distinctions can help listeners tailor their experience to their personal preferences for winding down.

Cold Case Investigations

Cold case podcasts often lend themselves well to sleep due to their inherent structure. The passage of time is a central theme, and the investigative process is typically slow and methodical, mirroring a relaxed pace. These shows focus on meticulous examination of old evidence, re-interviewing witnesses, and piecing together events from the distant past, which can be less emotionally charged than current, high-profile cases. The emphasis is often on the puzzle of discovery rather than immediate danger.

Unsolved Mysteries and Disappearances

Similar to cold cases, podcasts dedicated to unsolved mysteries and disappearances often provide a sense of intrigue without the overt terror of active investigations. The narratives

are frequently built around speculation, historical context, and the lingering questions, which can be more thought-provoking than fear-inducing. The lack of a definitive resolution in these stories can make them feel less urgent and more like a narrative to be contemplated.

Forensic and Investigative Deep Dives

For those fascinated by the 'how' and 'why,' podcasts that delve deeply into forensic science, criminal psychology, and investigative techniques can be remarkably absorbing. The detailed explanations of scientific processes or psychological profiles can be almost academic, providing a cognitive focus that distracts from anxieties. The methodical presentation of facts and evidence can create a sense of order and logic that is profoundly calming.

Historical True Crime

Exploring crimes from bygone eras can offer a unique form of detachment. The distance in time can make the events feel less immediate and more like historical accounts. These podcasts often weave in cultural context and societal norms of the past, providing a rich narrative tapestry that is engaging without being overtly disturbing. The focus is on understanding the past rather than fearing the present.

Tips for Optimizing Your True Crime Sleep Experience

To truly harness the potential of true crime podcasts for sleep, a few strategic adjustments can make a significant difference. The goal is to create an environment and listening habit that minimizes stimulation while maximizing the narrative's soporific effects.

Control Your Listening Environment

Ensure your bedroom is dark and quiet, or use a white noise machine to mask any disruptive sounds. Experiment with different lighting levels; a dimly lit room is more conducive to sleep. The goal is to create a sanctuary where the podcast can be an immersive yet unobtrusive part of your pre-sleep routine.

Adjust Your Playback Settings

Many podcast apps offer playback speed adjustments. While listening to true crime for sleep, it's advisable to use the standard playback speed or even slightly slower if available, to maintain the calm pacing. Utilize the sleep timer function to automatically shut off the podcast after a set period, preventing it from playing all night and potentially disturbing deeper sleep cycles.

Curate Your Playlist in Advance

Avoid the temptation to browse for new episodes when you are already trying to wind down. Select a few episodes from your preferred podcasts beforehand, ideally those known for their calmer narration. Having a ready-made playlist removes decision fatigue and ensures a consistent listening experience.

Be Mindful of Episode Content

Even within generally soothing podcasts, some episodes may be more intense than others. Pay attention to episode descriptions or notes to avoid particularly graphic or emotionally triggering content if your primary goal is relaxation. Opt for episodes that focus on investigation, psychology, or historical context rather than sensationalistic accounts of violence.

Listen with Headphones

Using comfortable, sleep-friendly headphones can further enhance immersion and block out external distractions. This also ensures that any subtle nuances in the narration or sound design are more readily apparent, contributing to the overall calming effect.

FAQ

Q: Are true crime podcasts really suitable for falling asleep to?

A: Yes, for many individuals, certain true crime podcasts can be surprisingly effective for sleep. The appeal lies in the narrative distraction, the calm narration of some hosts, and the structured storytelling that can occupy the mind and lull the listener into a relaxed state.

Q: What makes a true crime podcast good for sleep?

A: Key characteristics include a calm and consistent narrator, a measured pace, in-depth investigation rather than sensationalism, clear audio production, and a focus on storytelling and analysis over graphic details or jump scares.

Q: Should I worry about nightmares when listening to true crime before bed?

A: While it's a valid concern, many listeners find that the narrative distance and the focus on investigation can prevent the content from becoming overly frightening. Choosing podcasts with a more detached or analytical tone can mitigate the risk of nightmares.

Q: Are there any specific types of true crime stories that are better for sleep?

A: Cold cases, unsolved mysteries, historical true crime, and forensic deep dives are often more conducive to sleep because they tend to have a slower pace and a greater emphasis on investigation and context rather than immediate danger.

Q: What if I find myself too engaged and unable to sleep?

A: If you find yourself too engrossed, it may be a sign that the podcast's pace or content is too stimulating for your current needs. Consider opting for podcasts with even slower narration or exploring genres outside of true crime for sleep.

Q: How can I ensure the podcast doesn't play all night and disrupt my sleep?

A: Most podcast applications have a sleep timer feature that will automatically shut off playback after a designated period, which is highly recommended for sleep listening.

Q: Is it better to listen to unsolved cases or resolved cases for sleep?

A: Both can work, but unsolved mysteries and cold cases might be preferable for some as they often involve more speculation and historical context, which can feel less immediate and alarming than the definitive conclusion of a solved case.

Q: Can listening to true crime podcasts affect my mental health if I'm trying to sleep?

A: For most, it's a form of escapism and cognitive distraction. However, if you have pre-existing anxieties or are particularly sensitive to crime content, it's crucial to monitor your reactions and choose content that genuinely helps you relax rather than induce further stress.

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best true crime podcasts to fall asleep to: Summer in the City Alex Aster, 2025-03-25 From #1 New York Times bestselling author Alex Aster comes her adult debut novel Summer in the City—a swoony, fast-paced rom-com set in New York City in which a screenwriter and a sexy tech CEO go from lovers to enemies and back to lovers again... Twenty-seven-year-old screenwriter Elle has the chance of a lifetime to write a big-budget movie set in New York City. The only problem? She's had writer's block for months, and her screenplay is due at the end of the summer. In a desperate attempt at inspiration, Elle ends up back in the city she swore she would never return to, in an apartment she could never afford (floor-to-ceiling windows, skyline views, and a new coffee shop to haunt included). It's the perfect place to write her screenplay...until she realizes her new neighbor is tech "Billionaire Bachelor" Parker Warren, her stairwell hookup from two years ago. It's been a lovers-to-enemies situation ever since. When seeing him again turns into a full night of hate-fueled writing, Elle realizes her enemy/twisted muse might just be the key to finishing her screenplay... if she can stand being around her polar opposite. She writes anonymously, and he's on the cover of every business magazine. He frequents fancy red carpeted events, and she doesn't like leaving her emotional support five block radius. One summer. One wall apart. He needs to fake a buzzy relationship during his company's precarious acquisition. She needs to write a movie around a list of NYC locations. Both need a break from their unrelenting schedules, and a chance to rediscover the skyscraper glimmering, pizza crusted, sunlit charms of the city. Summers always end, and so will this agreement. It's all pretend. Promise. Until it isn't.

best true crime podcasts to fall asleep to: Narrative Podcasting in an Age of Obsession Neil Verma, 2024-06-03 It has been a decade since Serial brought the narrative podcast to the center of popular culture. In that time, there has been an enormous boom in the production of podcasts that tell stories, particularly in the fields of true crime, storytelling, history, and narrative fiction. Now that the initial glow around the medium has begun to fade, it is time to reevaluate the medium's technological, political, economic, and cultural rise, in particular what types of storytelling accompanied that rise. Narrative Podcasting in an Age of Obsession is the first book to look back on this prodigious body of material and attempt to make sense of it from a structural, historical, and analytic point of view. Focusing on more than 350 podcasts and other audio works released between Serial and the COVID pandemic, the book explores why so many of these podcasts seem "obsessed with obsession," why they focus not only on informing listeners but also dramatizing the labor that goes into it, and why fiction podcasts work so hard to prove they are a brand new form, even as they revive features of radio from decades gone by. This work also examines the industry's reckoning with its own implication in systemic racism, misogyny, and other forms of discrimination. Employing innovative new critical techniques for close listening—including pitch tracking software and spectrograms—Narrative Podcasting in an Age of Obsession makes a major contribution to podcast studies and media studies more broadly.

best true crime podcasts to fall asleep to: August's Bad Boy Garner Eve London, 2025-08-15 Sometimes the only thing more dangerous than falling in love... is pretending you haven't. Olivia Pretending to be married to my tattooed, brooding best friend was supposed to be easy. Just one weekend, one shared bed, and one little white lie to help uncover a small-town conspiracy. But the second Garner wraps his arm around me in public, everything changes. The touches feel too real. The way he looks at me makes my pulse race. And when he kisses me? I fall harder than I ever meant to. Now the whole town thinks we eloped. I wish we had, because I don't know how to go back to being just friends when my heart's already his. Garner I've loved Olivia for years... in silence, in sketches, in every quiet moment she never knew she owned. She's all warmth and sunshine, way too good for a guy like me. But when she asks me to pose as her husband, I agree. I can never say no to her. Now we're sharing a bed, faking a love that feels too real, and walking a line I swore I'd never cross. Losing her would break me. But loving her in silence? That's what's killing me. Welcome to Mustang Mountain, where rough roads lead to redemption. In this rugged mountain town, the Bad Boys of Mustang Mountain live by their own rules. They're outlaws with code and conviction, protecting their own against anyone who dares to cross them. With troubled

pasts and scars that run deep, these men aren't afraid to live life their way. But when fierce, curvy women step into their lives, they find themselves facing a different kind of challenge—one that just might heal the hearts they thought were too far gone.

best true crime podcasts to fall asleep to: *3,001 This or That Questions* Editors of Chartwell Books, 2021-02-16 3,001 This or That Questions is a journal for people who ask the big questions about themselves, like: Would you rather speak like a duck or look like a worm? Alright, so these questions aren't the big questions, but knowing yourself better is no small task. So much of what goes on in your brain happens in snap judgements and feelings. When you sit with the answers to quick questions and ruminate on what they mean, a deeper understanding of yourself can result. With over 3,000 thoughtful prompts to help you journal through a quest for self-discovery, you can start to definitively know who you are by examining your inclinations in minute detail. Thousands of questions for thousands of answers you never knew you needed. And, because you only have two choices, you can breeze through the journal in no time at all. Some questions are silly and pure fantasy, but others can possibly trigger a deeper need for journaling about yourself and your values. Some such questions being: T/T: Say LOL after every sentence or every time you smile, you cry? T/T: Only bathe or shower for the rest of your life? T/T: Fight with a light saber or a sword? T/T: Climb a mountain or swim to the bottom of the ocean? T/T: Walk with your hands or type with your toes? T/T: Watch only your favorite movie forever or watch a movie you hate once? T/T: Eat dinner for breakfast for breakfast for dinner? If you are at a crossroads or are attempting to gain awareness of yourself through personal reflection, this is an excellent tool. Or, if you are a writer, use this as an exercise for fleshing out characters. This journal is also the perfect gift to a recent grad looking to carve out more of themselves in this expansive world. Ask yourself a bunch of these small questions to receive big answers. With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas. Beautifully designed and full of mindful prompts, channel your inspiration as you put pen (or pencil, or marker, or crayon!) to paper to learn more about yourself, your talents, and the people you love. Also in this Series: 3,001 Questions All About Me, 3,001 Would You Rather Questions, 301 Things to Draw, 301 Writing Ideas, Anti-Anxiety Journal, Complete the Drawing, Create a Poem, Create a Story, Create Comics: A Sketchbook, Design & Destroy, Forever Friends, Gratitude Journal, Inner Me, Inspired by Prayer, Internet Password Book, Mom & Me, My Family Story, My Father's Life, My Grandfather's Life, My Grandmother's Life, My Life Story, My Mother's Life, Our Love Story, Sermon Notes, Sketch - Large Black, Sketch - Large Kraft, Sketch - Medium Black, Sketch - Medium Kraft, This is Me, Write - Medium Black, Write - Medium Black

best true crime podcasts to fall asleep to: Male/Male Mystery & Suspense Box Set 2 Josh Lanyon, 2023-03-17 Six complete mystery and suspense novellas by one of the Bestselling authors of Male/Male fiction. Stranger in the House - Miles Tuesday's memories of Montreal are happy ones, but now that he's inherited the mansion at 13 Place Braeside, everything feels different. Was Madame Martel's fatal fall really an accident? I Spy Something Bloody - Espionage was always a game, but now British spy Mark Hardwicke wants to retire and settle down with ex-lover Dr. Stephen Thorpe—if Stephen will have him. Unfortunately, Stephen has other plans. Ghost of a Chance - Professor Rhys Davies, a part-time parapsychologist, is writing a book on California hauntings and he believes the crumbling ruins of Berkeley House will make a terrific chapter. Mummy Dearest - Drew Lawson is racing against the clock. He's got a twenty-four-hour window to authenticate the mummy of Princess Merneith. If he's not at his boyfriend's garden party when that window closes, it'll be the final nail in the coffin of their relationship. 44.1644 North - The decades-old disappearance of twenty-one-year-old teaching student Deirdre O'Donnell is the Holy Grail for true-crime buffs—and Skylar Brennan, the host of the Ugly Town podcast, is no exception.

The Parting Glass - Two and a half years ago, travel writer Timothy North let NYPD Detective Luke O'Brien talk him into hiking into the New Jersey Pine Barrens to face down a monster. Now they meet again.

best true crime podcasts to fall asleep to: A Crisis Is a Terrible Thing to Waste Kelly Sullivan Walden, 2023-01-17 Bestselling author, hypnotherapist, and dream expert Kelly Sullivan Walden shares her four-step OGLE process in a humorous self-help memoir. Kelly teaches us how to shift our perspectives on tragedy and helps us look for the magic that can shine within some of our darkness moments. Recoveries from heartbreaks and misfortune can be debilitating. In *A Crisis Is a Terrible Thing to Waste*, Kelly Sullivan Walden (aka the Dream Doctor) shares her own history of healing with therapy, shamans, gurus, 12-step programs, and her twenty-five years of working with clients as a dream therapist and encourages us to alchemize these challenges into a philosophy of strength, forgiveness, and personal transformation. From a hot-air balloon crash in a wildlife refuge to a near-death experience on her fortieth birthday, Walden divulges both her own larger-than-life misadventures and debilitating losses alongside eye-opening stories from her clients and friends. Complete with healthy helpings of wisdom and humor, she flips the script with her four-step OGLE method and transforms the tragic into magic, a method designed to cut years off the recovery process and help turn suffering into optimism. With this book in hand, you'll find your way back to your inner heaven, even when all hell is breaking loose. Guided by Kelly's wisdom and wit, you, too, can transform your life's unexpected tragedies and mishaps into magical journeys of self-exploration, love, and badassery.

best true crime podcasts to fall asleep to: *# Sweets For Love: A Steamy Romcom Featuring a Single Mom, a Grumpy Former Bodyguard, and a Christmas in July Showdown* Elodie Now, 2022-10-06 Ready to meet your next book boyfriend in this steamy rom-com from author Elodie Nowodazkij? *#Sweets For Love* is a delicious mix of a grumpy former bodyguard and a single mom, caught in the sugar whirlwind of a Christmas in July baking show. It's a must-read for fans of Meghan Quinn, Emily Henry, and Lauren Landish. My small-town bakery could find its recipe for success on the Happily Ever After channel's baking competition. And a dash of toe-curling passion could be just the secret ingredient for warmth that lasts years. But love? That's not on my menu. Or is it? Alessandro Torre, my very own tattooed Thor, returns into my life with those familiar broad shoulders, alluring half-grin, and smoldering-dark eyes that once melted me like butter. I thought I had taken my last bite of him. Yet, as fate would have it, we're stuck together, just like our best sugar glue recipe. Once a grumpy bodyguard, now he's the head of security of *Sweets For Love* - the very show I must win to save my bakery. I will keep my oven mitts off him. Well, perhaps, except for one sinful night. Just one. Right? No one else can know about this secret recipe of ours. Because if they do, we might lose everything. Dive into *#Sweets For Love* by Elodie Nowodazkij and meet your new favorite grumpy book boyfriend. Savor this steamy romantic comedy that serves you: - Strong single moms in romantic comedies. - Grumpy heroes that you can't help but fall for. - A sweet blend of humor and heat in a romantic comedy. - Heartwarming moments that make you laugh out loud. - Forbidden love with former bodyguards. - Reality TV baking show love stories. - And so much more...
*** Praise for *#Sweets For Love* by Elodie Nowodazkij *** An amazing romantic comedy! Sassy and steamy, with very endearing characters and a heartwarming ending... Fun and sexy romcom! Hilarious and hot ... If you love reality TV, you will love this romantic comedy by Elodie Nowodazkij! Don't miss out. One-click and add a sprinkle of love, laughter, and a dash of heat to your reading list with *#Sweets For Love*.

best true crime podcasts to fall asleep to: Devante: A Hot EMT, New In Town Romance Laramie Briscoe, 2021-10-29 Enjoy the sixth book in the Laurel Springs Emergency Response Series. A small-town, sexy law-enforcement series from USA Today and Wallstreet Journal Bestselling Author, Laramie Briscoe. Trust Laramie Briscoe to provide engaging characters in a well-built world I want to revisit again and again. Carly Phillips, NY Times bestselling author. Sometimes home finds us when we aren't looking. Devante Soles Laurel Springs was nothing more than a dot on the map when I decided I needed a change from the fast pace of Atlanta. I'm more surprised than anyone

else when I look around one day and realize I have friends who have become family, a city that's become a home, and a girl who's decided to make me believe in love. Unlike me though, her past has followed her here. A community that I once never thought I'd have, comes together with me to save her. Eden Murphy Chicago wasn't for me. The bright lights, the embezzlement I should know nothing about, and the made man who changed everything - it all contributed to me leaving. I never felt safe there. Little Laurel Springs though? It's everything I hoped it would be and more. My coffee shop, A Whole Latte Love, isn't doing well, but I'm close to turning a profit. And Devante? Well he's more than I ever could have asked for. But Mario? He's the one I didn't count on coming back and demanding what I took. Devante & Eden's love story is perfect for readers who love small town romance, hotshot police officers, alpha heroes, smart sassy heroines, friends to lovers, happily ever after, slow burn, emotional romance with plenty of swoon. Search Terms: contemporary romance books, adoption, romance series, new adult romance, romantic suspense, contemporary romance, beach reads, romance novels free, romance books, alpha male, age gap, southern romance, first responder romance, alpha male, secret baby, emotional reads, Alabama, sexy, friends to lovers For fans of: Lani Lynn Vale, Brittany Sahin, Susan Stoker, A.K. Evans, Freya Barker, Victoria Paige, Abbie Zanders, Marie Force, Carrie Ann Ryan, Kristen Ashley, Chelle Bliss, Dale Meyer, Catherine Cowles, Aurora Rose Reynolds

best true crime podcasts to fall asleep to: What We Know Now! Jenny Kelly, Mairead Ronan, 2024-10-24 Across twenty years of friendship, Jenny Kelly and Mairéad Ronan have experienced single life, marriages, divorce, motherhood, career dilemmas, grief, diets, dodgy hairstyles, stress, ageing, bad times and good times too. Here, along with their well-earned wisdom about the serious (and sometimes funny) business of life, they share their thoughts on how to navigate grown-up friendships, what it means to be in a relationship, and how to stop worrying about having it all and start figuring out what it is you actually want! You'll also discover essential truths, like why you will never have Pocahontas hair (and why that's okay), why there's no greater joy than a deep clean with your favourite spray mop (just Jenny?), and how staring at trees can make you happier than owning a Mulberry handbag. What We Know Now doesn't claim to solve all your problems, but it will provide good company, give you a laugh, and help you feel less alone through the unavoidable ups and downs of life. 'Down-to-earth, practical advice with a great sense of humour.' Miriam O'Callaghan 'A book about real life - the lovely parts and the messy parts. Reading it is like having a cup of tea with a good friend.' Derval O'Rourke

best true crime podcasts to fall asleep to: *Extra Credit* Autumn Reed, 2021-02-22 GildedGirl This year at Harbor University should have been a fresh start. My chance to finally get a taste of the independence I've craved for so long. But one risky choice has caused me to lose everything I've been working toward. Freedom is no longer within my grasp, and it feels like all hope is lost. My one saving grace? BioGuy. I've never met the student I'm tutoring through the Extra Credit program, but that hasn't stopped him from owning my thoughts and preserving my sanity. BioGuy We didn't mean any harm. We were just trying to pass our philosophy class and save a little money by sharing a tutor. But, now that we've gotten to know GildedGirl, it doesn't feel right to continue deceiving her. How do we confess that it's all been a lie? That the person she thinks she knows isn't one guy...but three? **Extra Credit is a 128,000 word, contemporary reverse harem romance loosely inspired by the Rapunzel fairy tale. Though the book features characters from the Lonely Souls trilogy, it can be read as a standalone. ***Please Note: Extra Credit takes place after the events in the Lonely Souls trilogy and contains spoilers for most major plot points in that story.

best true crime podcasts to fall asleep to: *I Hope You're Listening* Tom Ryan, 2020-10-06 2021 Lambda Literary Award - LGBTQ Mystery 2021 Crime Writers of Canada Awards of Excellence Finalist for Best Juvenile or YA Crime Book 2021 Best Books for Kids & Teens starred selection, The Canadian Children's Book Centre 2022 TAYSHAS Reading List, Texas Library Association 2022 ALA Rainbow Book List In her small town, seventeen year-old Delia Dee Skinner is known as the girl who wasn't taken. Ten years ago, she witnessed the abduction of her best friend, Sibby. And though she told the police everything she remembered, it wasn't enough. Sibby was never seen again. At night,

Dee deals with her guilt by becoming someone else: the Seeker, the voice behind the popular true crime podcast Radio Silent, which features missing persons cases and works with online sleuths to solve them. Nobody knows Dee's the Seeker, and she plans to keep it that way. When another little girl goes missing, and the case is linked to Sibby's disappearance, Dee has a chance to get answers, with the help of her virtual detectives and the intriguing new girl at school. But how much is she willing to reveal about herself in order to uncover the truth? Dee's about to find out what's really at stake in unraveling the mystery of the little girls who vanished.

best true crime podcasts to fall asleep to: Billionaire's Promise: A Brother's Best Friend Billionaire Romance Summer Cooper, Susu Chin, Enjoy this brother's best friend billionaire romance by USA Today Bestselling steamy contemporary romance author Summer Cooper and her friend Susu Chin! Dr. June Bennet is great at helping other people start families, but her own life? Not so much. As the head of a fertility clinic, all she wants is some peace, quiet, and maybe to get her blood pressure under control. But when Kai Li—her brother's best friend, first crush, and the ridiculously handsome billionaire who could headline a K-drama—shows up back in town, "calm" goes out the window. Especially since the last time she saw him, he led her on, broke her heart, and disappeared overseas without a word. Kai might be one of Shanghai's most eligible bachelors, but he's had enough of the social climbers, and his mother's relentless arrangement of countless blind dates for him. Escaping to New York is the only way to breathe—no expectations, no drama. Love? Marriage? That's for people who don't have dynasties to run. But then he sees June again. When Kai stumbles on June being attacked in broad daylight, everything changes. Protecting her becomes his number one priority. But spending time with her? That's stirring up feelings he thought he'd buried for good. And the more he tries to keep his distance, the harder it gets to resist the one woman he's never been able to forget. Please note: This book ends with a cliffhanger. The authors love June and Kai so much that they think they deserve to have their story told in full. The reading order of this billionaire series is as follows: Book 1 - Billionaire's Promise Book 2 - Billionaire's Cruelty Book 3 - Coming soon This sexy smokin' hot book is perfect for fans of Crazy Rich Asians Trilogy, Fifty Shades, Roxy Sloane, TL Swan, Sierra Rose and Ava Gray. This is an adult only steamy contemporary romance, appealing to readers who love fated mates, billionaire romance, best friend's brother and sizzling hot romances with a twist.

best true crime podcasts to fall asleep to: Damnation Carrie Leighton, 2025-09-16 There is no light without shadow. There is no love without pain. Loving each other has never been easy for Thomas Collins and Vanessa Clark. Their romance is fueled by passionate nights and fierce jealousy, hot sparks and seemingly insurmountable misunderstandings. After nearly losing each other, their relationship finally appears to be growing in the right direction. For the first time, Thomas confides in Vanessa, sharing the traumas in his past that have turned him into a broken soul incapable of bonding with anyone. But not even this rekindled closeness can overcome Thomas's deep, gripping distress. While Thomas spirals into self-destruction, Vanessa does her best to move on. She revisits her relationship with her old boyfriend, Logan, who has never accepted the end of their relationship and is ready to provide the support she deserves. Thomas is devastated and angry, because he knows that Logan isn't the right guy for Vanessa. But Thomas can't seem to keep himself together, his pain and addictions tearing him apart. Can there be a happy ending for two hearts on a collision course?

best true crime podcasts to fall asleep to: Collision Carrie Leighton, 2025-02-18 She shouldn't want her new college classmate—a bad boy with a dark side who kisses as rough as he fights—yet, she can't seem to stay away in this angsty new adult romance for fans of Penelope Douglas, L.J. Shen, and the After series. ?There is no rose without a thorn. There is no passion without torment. Vanessa Clark, a second-year college student, has a visceral love of books and rainy days and an unbreakable bond with her best friends. Marked by her parents' difficult divorce, she found comfort in Travis, apparently the good guy that all mothers—including hers—would like next to their daughter. With him she hopes to be able to build a happiness that she has been missing for too long now. After two years, however, even that love seems to have cracked and only rubble

remains in Vanessa's heart. At least until, in class, she meets new classmate Thomas Collins for the first time. With a body covered in tattoos, green eyes in which it is all too easy to get lost, and a troubled past, Thomas is an explosive mix of charm and arrogance. He and Vanessa, so different from each other yet deep down so similar, fit together like pieces of a puzzle, giving life to a tormented relationship, made up of moments of passion and glimpses of tenderness, furious quarrels and reconciliations. But Vanessa wants more, she dreams of true, romantic and all-encompassing love, the kind of love story told in the novels that she never gets tired of reading. Thomas, on the other hand, shuns every bond, feeling as though a perennial tangle of thorns is agitated in his chest. And yet, if understanding each other is difficult, parting is impossible. This Work has been translated with a grant from the Center for Books and Reading of the Italian Ministry of Culture.

best true crime podcasts to fall asleep to: The Christmas Contract Evie Mitchell, 2020-11-08
Astrid I forgot to tell my family I wrote a novel. I didn't think it would be that big a deal. Then a big name movie star raved about it and suddenly my face is splashed across morning talk shows, and producers are offering me millions for film rights. Enter Robert 'Robbie' Huynh — America's rom-com heartthrob. He's tall, dark, handsome, and Australian. He's like all my weaknesses rolled into one delicious package. He's also the one who started this mess, and he wants my film rights. He wants them real bad. So we strike a deal; I'll sign the contract if he gives me full creative license. It seemed like a good idea at the time. Only this Christmas contract? It's got all the strings attached. Robbie I'm in a rut. An acting rut. Being typecast as the romantic lead is getting old real fast. I want action, adventure, mystery. I want Astrid Larsson's film rights. And I'm not above using a little Aussie charm to get it. Only Astrid's not at all what I expected. For a woman who writes crime thrillers, I expected someone hard, seasoned, rough. She's the exact opposite, and she's getting under my skin — big time. I need to keep my head in the game. After all, this Christmas, all I really want is... Astrid?! Warning: This book is inspired by Christmas movies, true crime podcasts, and a crisp Aussie accent. So, get thee a man, some mistletoe, and settle in — this read will have you jingling all the way to the bedroom.

best true crime podcasts to fall asleep to: The Death of Me Michelle Davies, 2021-11-11
When Isaac Naylor committed suicide after a teenage fan was found dead in his hotel room, the world thought it had lost one of the greatest rock stars of a generation. Naylor, lead singer of The Ospreys, had been arrested for causing the girl's death and was on police bail when he drowned himself in the sea off the Devon coast, leaving two notes addressed to his bandmates and his younger brother, Toby, discarded on the beach. Now, eight years on, music journalist Natalie Glass stumbles across a blind item on a US gossip website that suggests Naylor's death wasn't quite what it seemed - and he might in fact still be alive. The item claims he is the mystery songwriter who has for the past year been submitting lyrics to producers in London via his lawyer for other artists to record. He insists on anonymity and the only person who knows his identity is the lawyer. But as she delves deeper into what happened, the plot to stop her intensifies and Natalie finds she has a stark choice: give up trying to find out what happened to Naylor or risk her own obituary ending up in print.

best true crime podcasts to fall asleep to: Kiss Me in the Coral Lounge Helen Ellis, 2023-06-27
New York Times bestselling author Helen Ellis paints a portrait of true romance for our times in these surprising, sexy, and hilariously frank essays about love, marriage, and her last first kiss. Ellis is one of our greatest living humorists, in the same league as Sedaris and Irby...A fascinating portrait of middle-aged love." —Ann Napolitano, New York Times bestselling author of Dear Edward
Welcome to the Coral Lounge, a room in Helen Ellis's New York City apartment painted such an exuberant shade that a Peeping Tom left a sticky note asking for the color. It is in the Coral Lounge where all the parties happen: A game called "What's in the box?" makes its uproarious debut, the Puzzle Posse pounces on a 500-piece jigsaw of a beheaded priest, and guests don blindfolds for a raucous bridal shower. When the pandemic shuts down the city, the Coral Lounge becomes a place of refuge, where Helen and her husband binge-watch Joan Collins's Dynasty, dote on two spoiled cats, and where Helen discovers that even twenty years into marriage,

her husband still makes her heart pitter patter.

best true crime podcasts to fall asleep to: The Psychic's the Thing Ada Bell, 2024-03-01
Enjoy this small town paranormal cozy mystery with an amateur sleuth by award-winning author Ada Bell. Much Ado About Murder When the local college announces the spring play, Aly's roommate Amy proposes trying out together. Amy's a drama major, so it should be fun. Aly's surprised to be cast as understudy to the lead. Erica's a real diva, so Aly vows to learn her lines and stay behind the scenes. But when a stage light falls onto their star, it's curtains for Erica. Her death looks like a tragic accident until Aly receives a vision of murder. Initially, the police think Aly killed Erica to take her part, but what they don't know is how badly Amy wanted the role. Or how much she hated Erica. When Amy takes center stage as the prime suspect, Aly takes on the detective role once more to prove her friend's innocence. She just needs to do it without further implicating herself. Erica treated the entire cast and crew with contempt; who hated her enough to kill? Was it the ex-boyfriend forced to share the spotlight with the woman he once loved? The costume designer whose hard work wound up in tatters? Or was it the rival furious that Erica got cast as the lead? With Aly's help, maybe the play's the thing to catch the conscience of the killer. The Psychic's the Thing is the seventh book in the Shady Grove Psychic Mysteries series. This small town paranormal mystery with an amateur female sleuth will appeal to fans of Annabel Chase, Amy Boyles, and Lily Webb.

best true crime podcasts to fall asleep to: Curvy Girls Can't Date Cowboys Kelsie Stelting, 2023-06-12
The one thing my parents can't shelter me from is my heart. I nearly died the summer of my eighth grade year, and ever since then, my parents have done everything they could to keep me healthy. Now I'm a senior, and instead of feeling safe, I'm suffocating. When my parents take my twin sisters out of town for an audition, I have my chance to show them that I'm responsible. That I can go to college on my own and start a life outside of their organic food store and Emerson Academy. All I have to do is turn in all my assignments and have a few quiet nights at home. No problem. That is, until my video project partner decides to be a total flake. Ray may be hot and fill out a pair of Wrangler jeans like nobody's business, but he is not ruining my chance at freedom. I go to his family's ranch to get his help, but instead discover something else. Could everything my parents taught me be wrong? Unless I act fast, my quiet weekend will ruin my chance at freedom and wreck my heart faster than the flash of my camera. Hang on for a wild ride in the third book of The Curvy Girl Club! Curvy Girls Can't Date Cowboys promises plenty of laughter, along with some tears, and the hottest cowboy at Emerson Academy. Start reading this sweet contemporary western romance today!

best true crime podcasts to fall asleep to: Tomorrow Is Another Day Dwania McLarty-Peele, 2023-10-15
Too many of us are touched by cancer. What started off as a journal to document my experiences during treatment, turned into a story meant to inspire everyone. This is my love-letter to life, the island that made me and the superheroes in the medical profession who saved me. I join you to come on this journey with me as I share all the parts of cancer treatment you typically don't hear about. I also share the laughter, the tears and the raw emotions that took me through to the other side. This is not a story of sadness. It is one of resilience and realization.

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