



# The Importance of Sleep



- **Every living thing sleeps, from the smallest insect to the largest whale. Some animals spend as many as 20 hours a day sleeping!**
- **While children and adults don't need to sleep quite so many hours, our sleep is just as important.**



**Sleep helps our body and brain develop and grow.**



# Your Brain Needs Sleep, so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and think of new ideas



# Your Body Needs Sleep, so your:

- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness

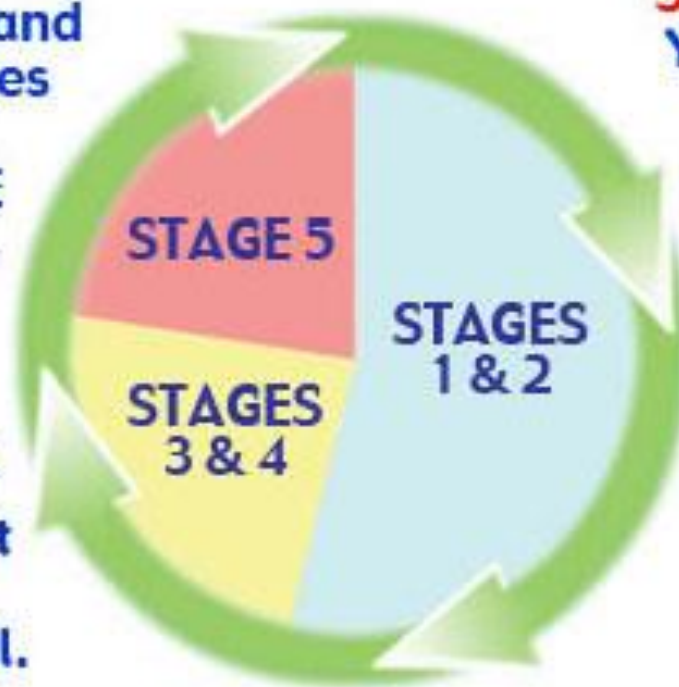


# Sleep Cycles

Nature is full of cycles.  
As the Earth rotates we have cycles of sunlight and darkness.  
The moon has cycles.  
We also have cycles in our sleep.  
There are 5 stages in one sleep cycle.  
Each sleep cycle takes about 90 minutes.

**STAGE 5**  
Your brain is active and you dream. Your eyes move under your eyelids in RAPID EYE MOVEMENT (R.E.M).

**STAGES 3 & 4**  
You are in a deep, restful sleep. Your breathing and heart rate slow down, and your body is still.



**STAGES 1 & 2**  
You first fall asleep, but are not yet in a deep sleep.

# How much sleep do you think a child aged 5-12 needs?



**Kids ages 5 to 12 need 10 to 11 hours of sleep each night.**



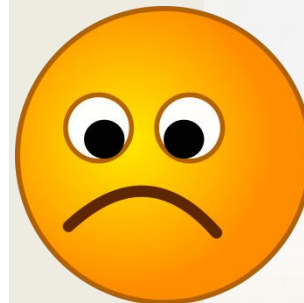
# When you get enough sleep you can:

- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness so you stay healthy
- Be in a good mood
- Get along with friends and family
- Solve problems better

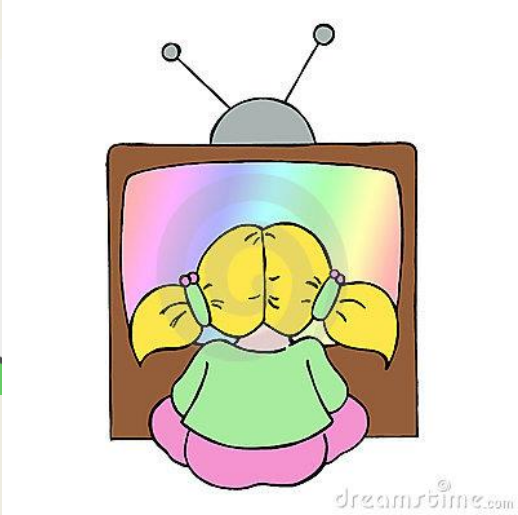
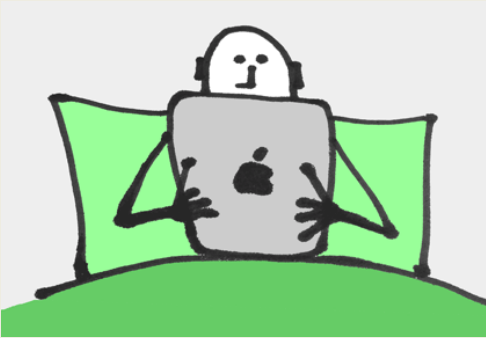


# Without enough sleep you can:

- Forget what you learned
- Have trouble making good choices
- Be grumpy and in a bad mood
- Have trouble playing games and sports
- Be less patient with brothers, sisters, and friends
- Have trouble listening to parents and teachers



- Most people have trouble sleeping once in a while. Some things can keep you from getting a good night's sleep.



# Sleep Traps

Here are some things that can keep you from getting a good night's sleep.

Watching TV or playing video games within an hour of bedtime

Too much or too little light, cold, heat, or noise



Sirens, loud music, and even your hamster running on its wheel!

Sodas that contain caffeine.  
Caffeine can keep you wide awake.  
Chocolate also has caffeine.

# Dreaming



- Everyone dreams.
- You spend about 2 hours each night dreaming but may not remember most of your dreams. Its exact purpose isn't known, but dreaming may help you process your emotions. Events from the day often invade your thoughts during sleep, and people suffering from stress or anxiety are more likely to have frightening dreams.
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- Dreams can be experienced in all stages of sleep but usually are most vivid in REM sleep. Some people dream in colour, while others only recall dreams in black and white.

# Sleep Tips

Here are some things you can do to help get a good night's sleep.

Make sure your bedroom is cool, dark, and quiet.  
Ask your parents to help.

Exercise during the day.  
Running and playing at least 3 hours before bed help your body get ready for sleep.

Try to go to bed the same time every night.  
Your body gets used to a schedule and will be ready to sleep.



Avoid big meals before bedtime.  
Drink a warm glass of milk or have a light healthy snack like fruit instead.

Don't drink sodas with caffeine... especially in the afternoon and at night.

Have a bedtime routine.  
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music.  
Your body will know it is time to get ready to sleep.