

Why We Sleep



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

How Sleep Works

Your Body Rests, But is Also Active During Sleep



You spend the day running on the playground, learning at school, eating meals, and at night your body and brain get to rest, right? Wrong! In fact, while you are off in dreamland, your body and brain are very busy getting ready for a new day. That is why it is so important to give yourself time to sleep.