



Why is sleep important?

Getting a good night's sleep is very important for your health and happiness. If you do not get enough sleep, you may find it difficult to pay attention at school, have no energy to play, and not be able to fight germs and illness.

Why You Need Sleep

The average child has a busy day! There's school, taking care of your pets, running around with friends, going to sports practice or other activities: and doing your homework! By the end of the day your body needs a break. Sleep allows your body to rest for the next day. Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to give the body rest and time to recuperate.

Your Brain Needs Zzzs!

Your body and your brain need sleep. Although no one is exactly sure what work the brain does when you are sleeping, some scientists think that the brain sorts through and stores information, replaces chemicals and solves problems while you snooze.

Most children between 5 and 12 years old get about 9 hours sleep a night, but experts agree that most need **10 or 11 hours** each night.

When your body does not have enough hours to rest, you may feel tired or irritable, or you may be unable to think clearly.

One more reason to get enough sleep: if you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your immune system (which keeps you from getting sick).

It is important to have and maintain a healthy sleep schedule as part of having an overall balanced lifestyle.

Here are some top tips for how to have a great night's sleep!

Top Sleep Tips	
DO	
<ul style="list-style-type: none">• Try to sleep for at least 10-12 hours every night.• Follow a bedtime routine of relaxing activities, such as reading or listening to soft music.• Exercise during the day.• Have a milky drink and light snack before bed.• Keep your bedroom dark, cool and quiet.	
DON'T	
<ul style="list-style-type: none">• Stay up late.• Watch TV or play video games straight before bed as they can disturb your sleep.• Exercise too close to bedtime.• Drink fizzy drinks, tea or coffee, or eat chocolate because they can contain caffeine which can make sleep difficult.	



