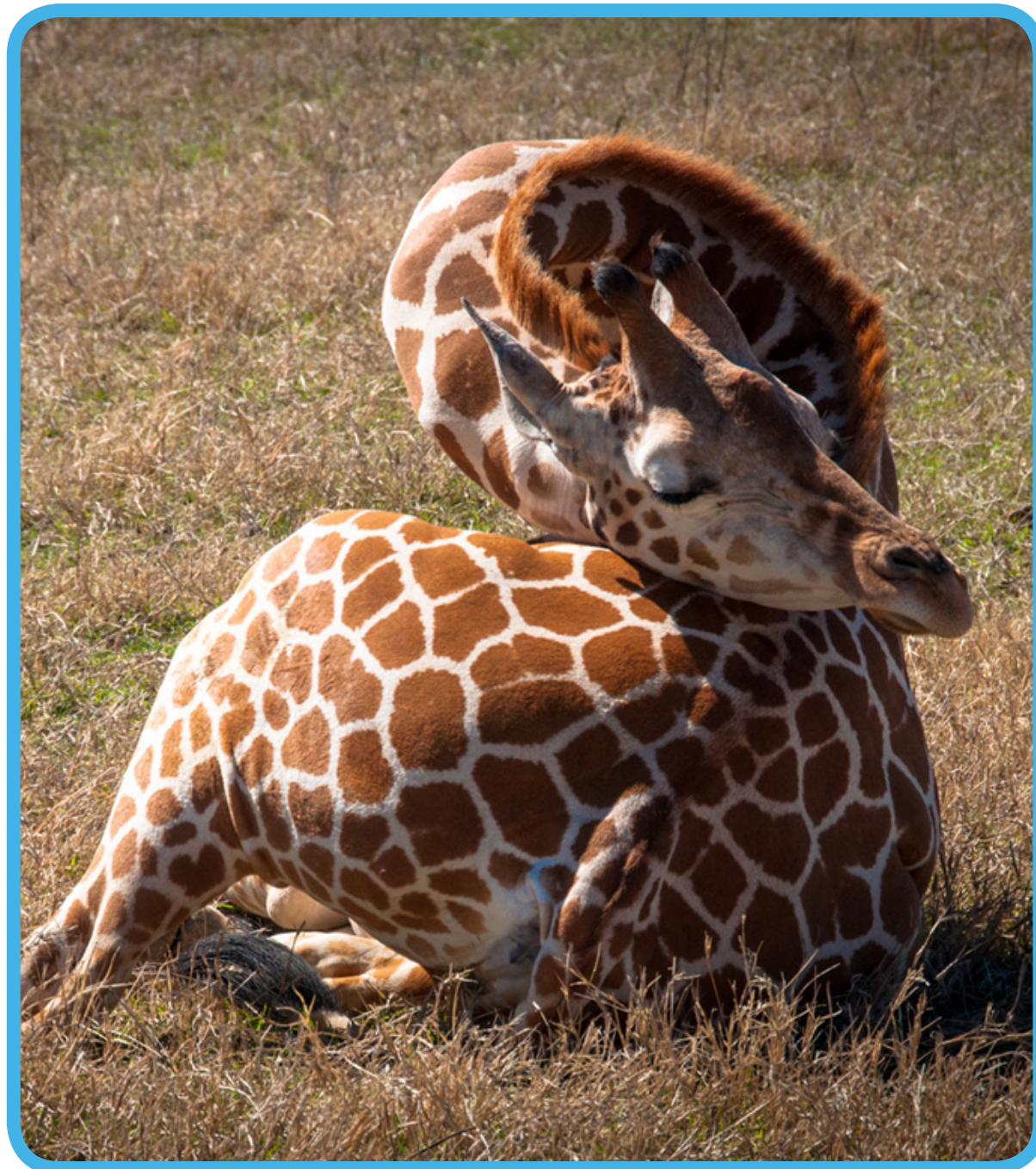




**Sleep to
Restore
Energy**

How Much Sleep?

Guess how much sleep each animal needs.



giraffe



bat



rabbit

How Much Sleep?

How about a kid your age?



How Much Sleep

Giraffe = 2 hours

Bat = 20 hours

Rabbit = 11–12 hours

6–12 year olds = 9–12 hours



Why Sleep?

Your body needs 9–12 hours of sleep every night to restore energy so you can make healthy choices.





Why Sleep?

Sleep gives you energy to play and have fun.





Why Sleep?

Sleep helps you remember what you have learned.



Why Sleep?

Sleep helps your body and brain grow.



HOW MANY HOURS OF SLEEP DO YOU NEED TO GET A FULL RECHARGE?

What time do you need to go to bed to restore all your energy?



First, think about the time you wake up in the morning.

Next, count back to see what time you need to go to bed to get enough sleep.

Sometimes it is hard to sleep.

Here's how you can relax your body to fall asleep:

1. Lie down on your bed and get ready to relax from your head to your toes.
2. Relax your face: Close your eyes, then scrunch up your face and count to 10, then let your face relax.
3. Relax your hands and arms: Make 2 fists and squeeze your fingers tight while counting to 10. Then relax your arms.
4. Relax your legs and feet: Point your toes to the ceiling, count to 10. Now point your toes to the end of the bed, squeeze them together and count to 10.
5. Repeat until you fall asleep!



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