

Sleeping

When we are asleep our body doesn't stop working, it is busy helping us to grow, fight off illnesses and repair itself. That is why it is so important to get enough sleep so that it has time to do all these things.

How much sleep?

- ▶ Children need to sleep for longer than adults because their bodies are still growing
- ▶ School age children need to sleep for 9-12 hours each night to stay healthy

What helps us sleep?

- ▶ Humans are meant to sleep at night. Our bodies know it's time to sleep when it gets dark. Looking at screens at night can make it harder to sleep because they give out lots of light.