

What is your energy level right now?







Restoring your energy with sleep is one of the most important things you can do for your health and learning.





While you sleep...

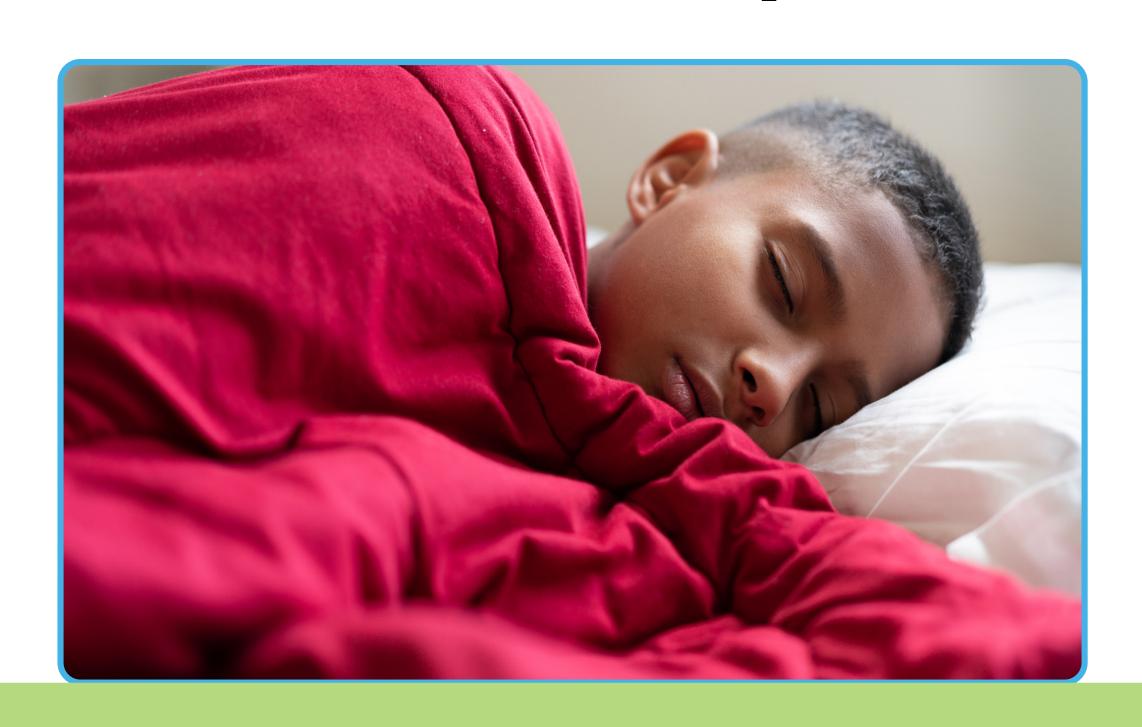
- Your brain is sorting and storing information.
- Your body is growing and changing.
- Your immune system is working hard to help keep you from getting sick.

Sleep has so many benefits!

- You are better able to cope with BIG feelings.
- You have energy to run and play.
- You are more likely to make nutritious food choices.



Getting enough sleep is one of the most important things you can do for your health and learning.





YOUR BODY AND BRAIN NEED ____ __ __ __ __ TO HELP MAKE HEALTHY CHOICES THROUGHOUT THE DAY.

How Much Sleep?

Count the hours between your bedtime and the time you wake up. Ask an adult for help if needed.

What time do you need to go to bed to get enough sleep?



