

A young man with dark hair is sleeping peacefully in a bed. He is wearing a dark blue t-shirt. The bed has a blue sheet and a blue patterned blanket. The background shows a window with blinds. The text "Sleep Is Brain Fuel" is overlaid on the right side of the image.

# Sleep Is Brain Fuel

# What is your energy level right now?



low



medium



fully recharged

# Your Body and Brain Need Sleep

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



# Your Body and Brain Need Sleep



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.

# Your Body and Brain Need Sleep

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.



# Your Body and Brain Need Sleep

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?



*fit*<sup>TM</sup>  
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