

A young child with dark, curly hair is sleeping peacefully in a bed. The child is wearing a white long-sleeved shirt and is tucked under a white blanket with a subtle floral pattern. The child's eyes are closed, and their expression is calm. The background is softly blurred, showing a white pillow and a light-colored wall. At the top of the image, there is a horizontal bar with five colored segments: cyan, purple, green, red, and yellow. The text "Sleep Is Brain Fuel" is overlaid on the right side of the image in a large, white, sans-serif font.

**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 long do you 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?



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