

True or false: Horses can sleep lying down or standing up.



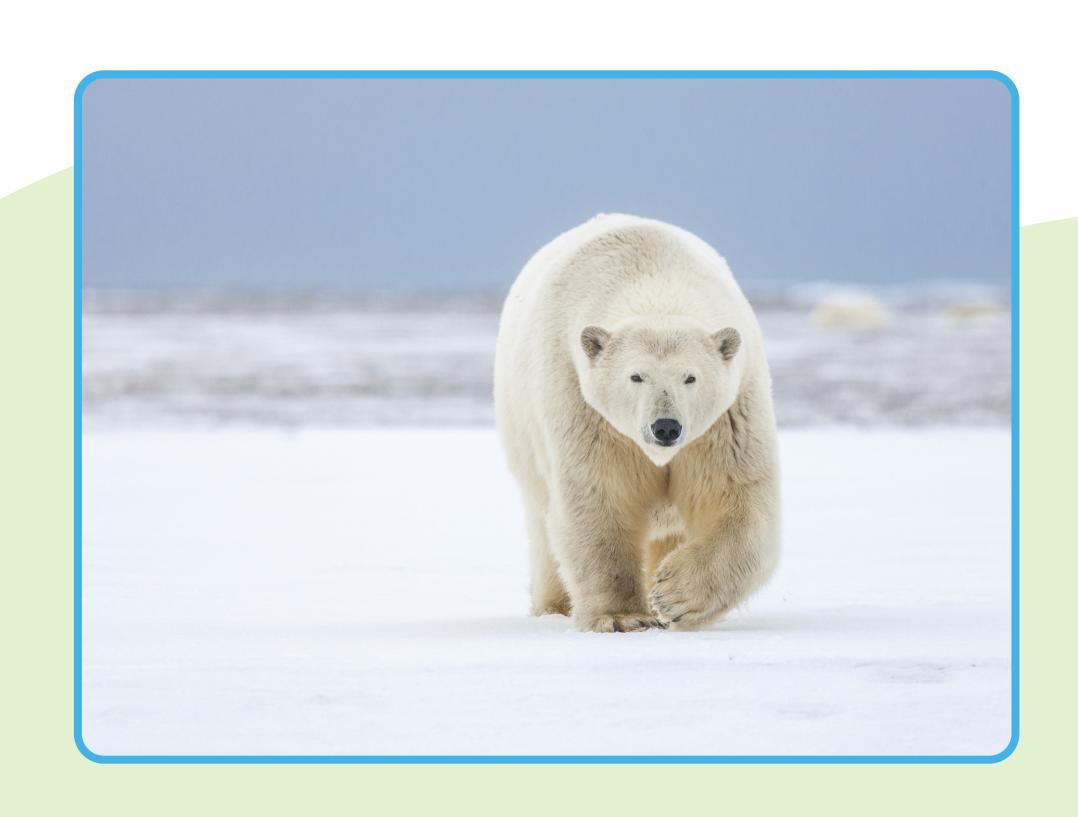


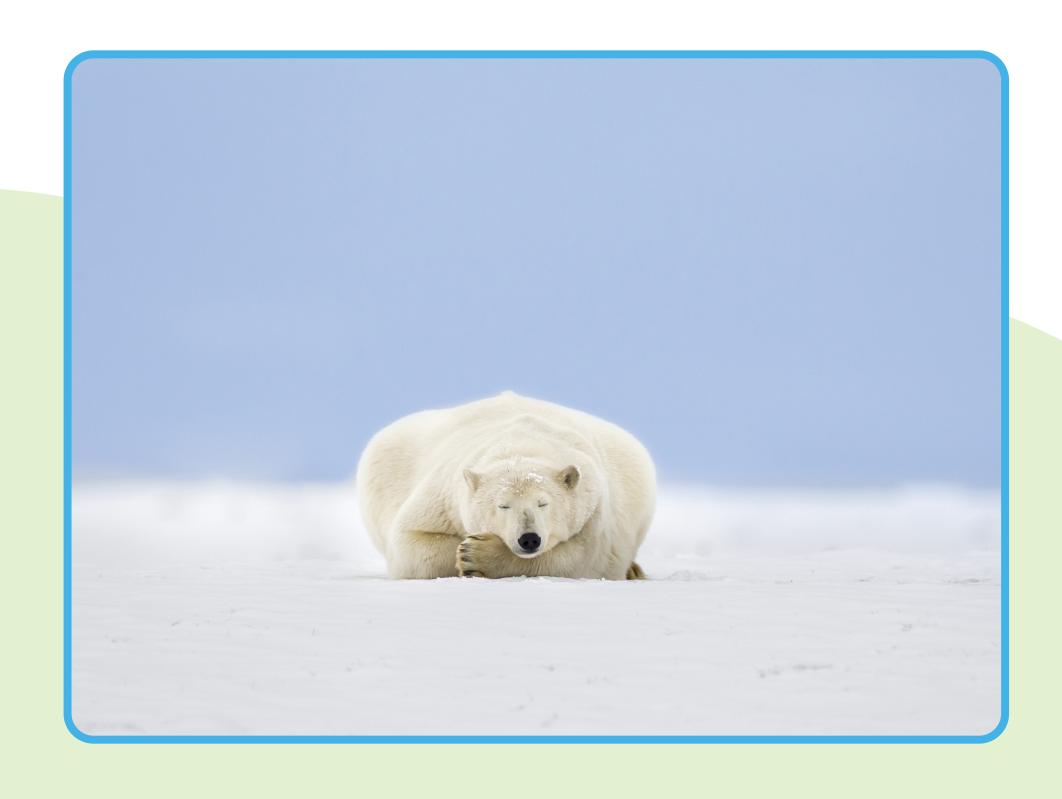
True!

Horses have been known to take short naps while standing.



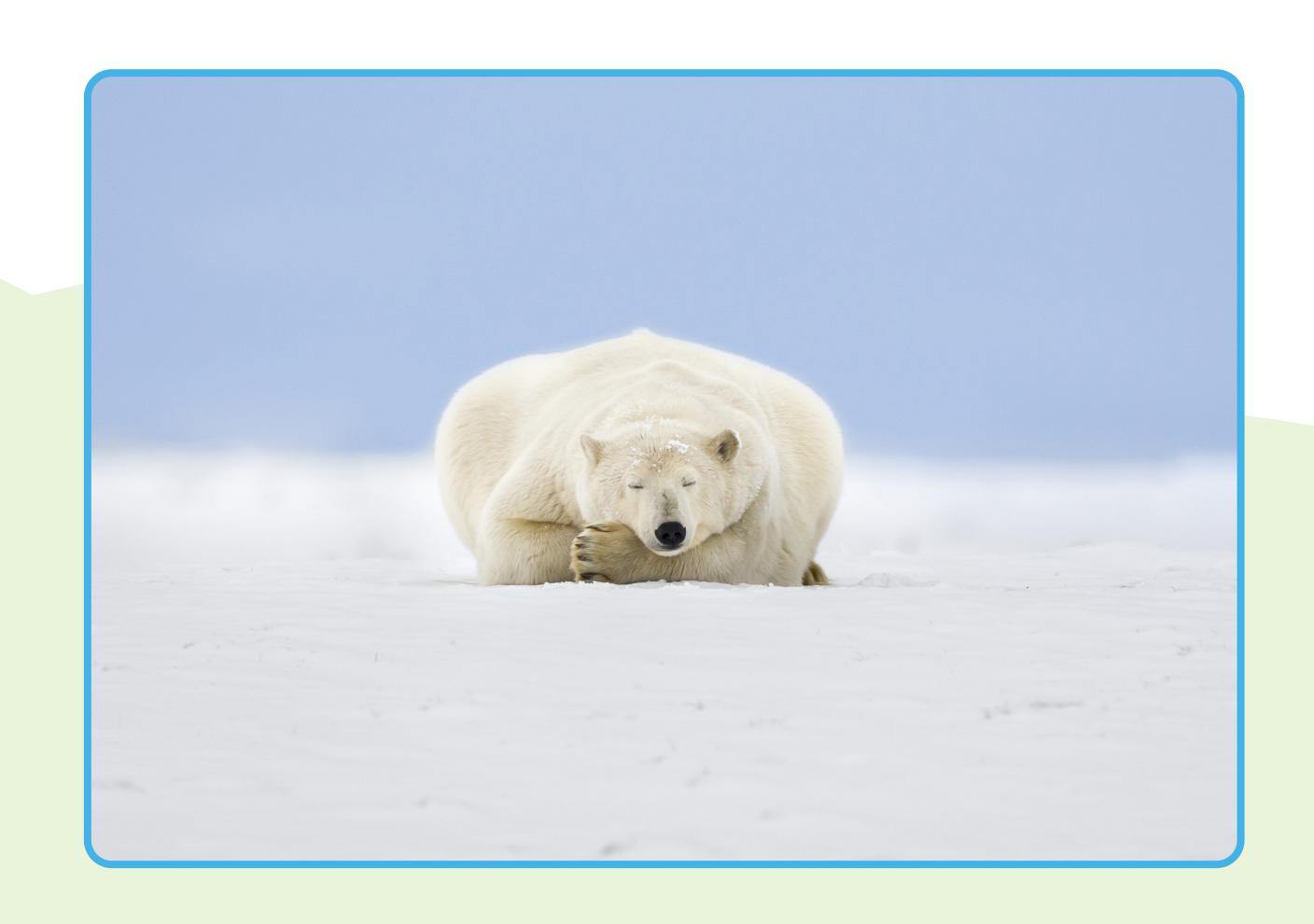
True or false: Polar bears sleep 20 or more hours a day.



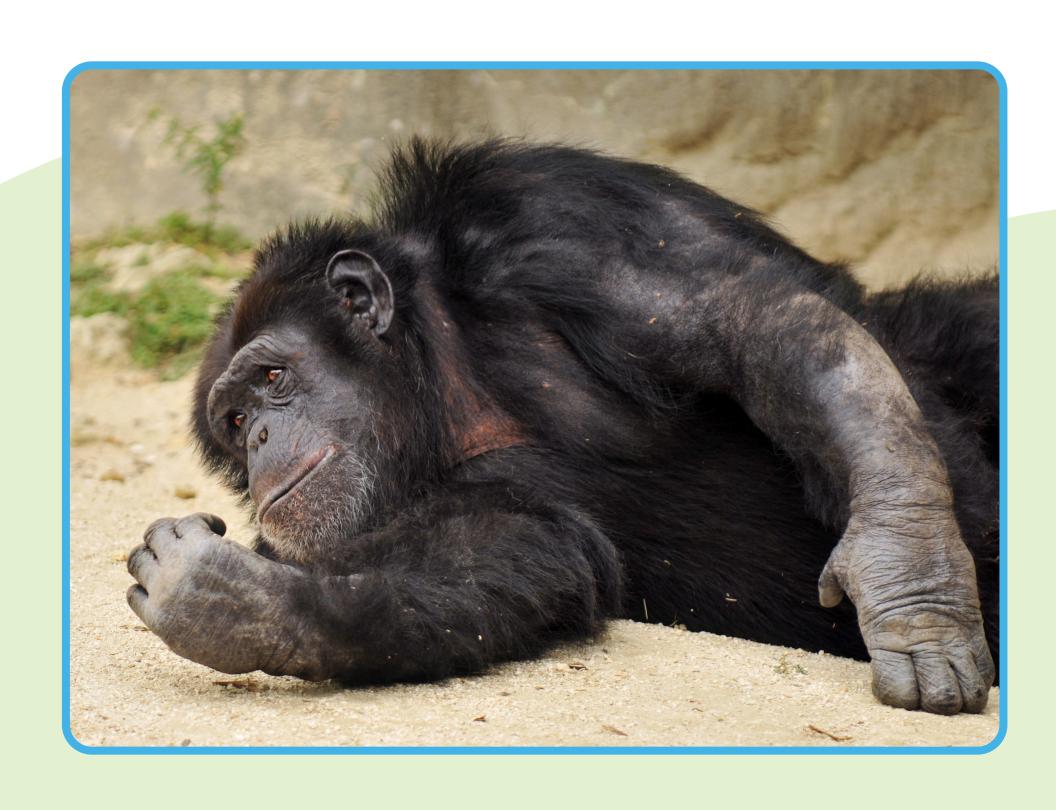


False!

Polar bears sleep between 7 and 8 hours a day, just like a human adult.



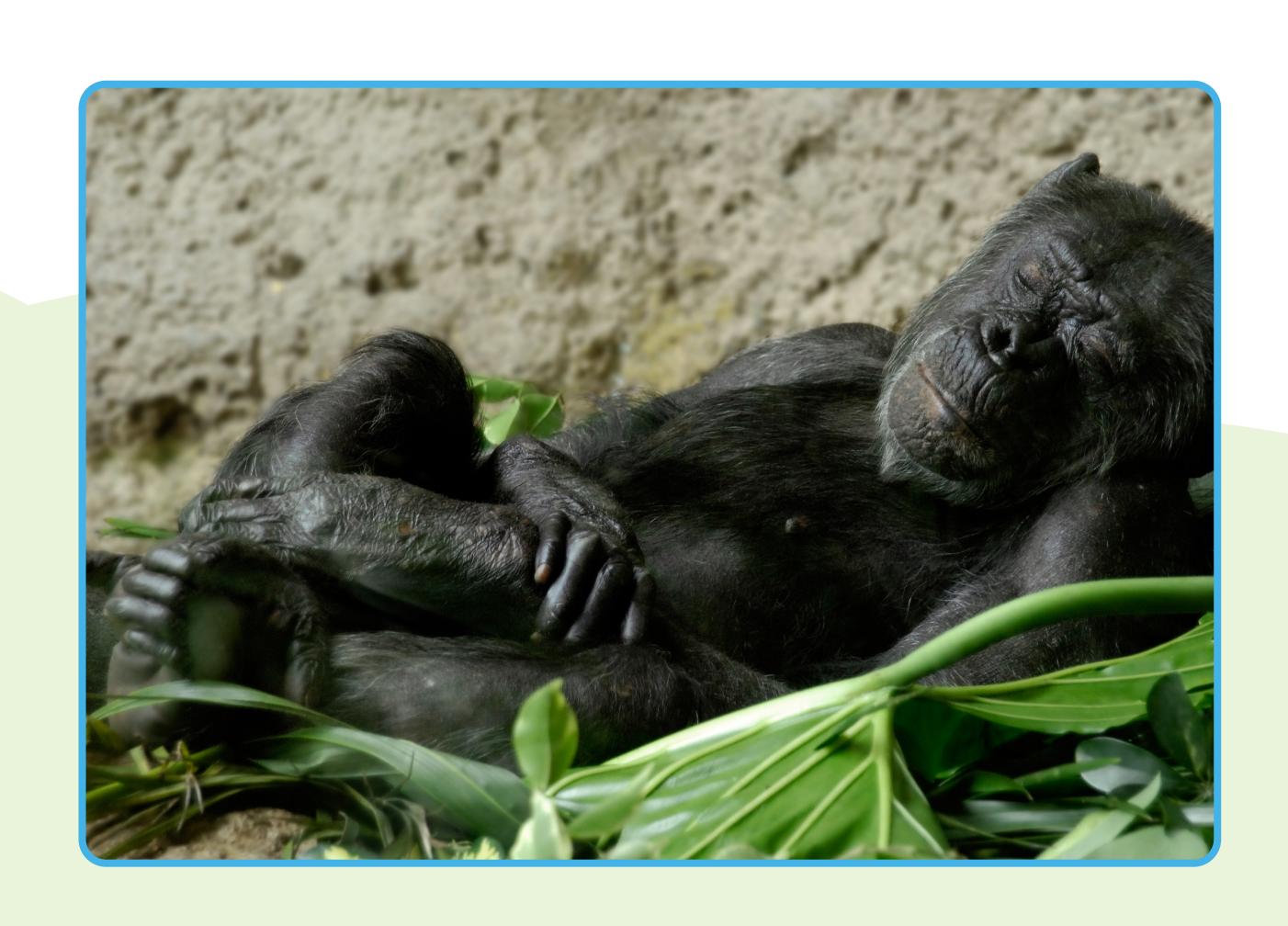
True or false: Chimps make themselves beds to sleep in.





True!

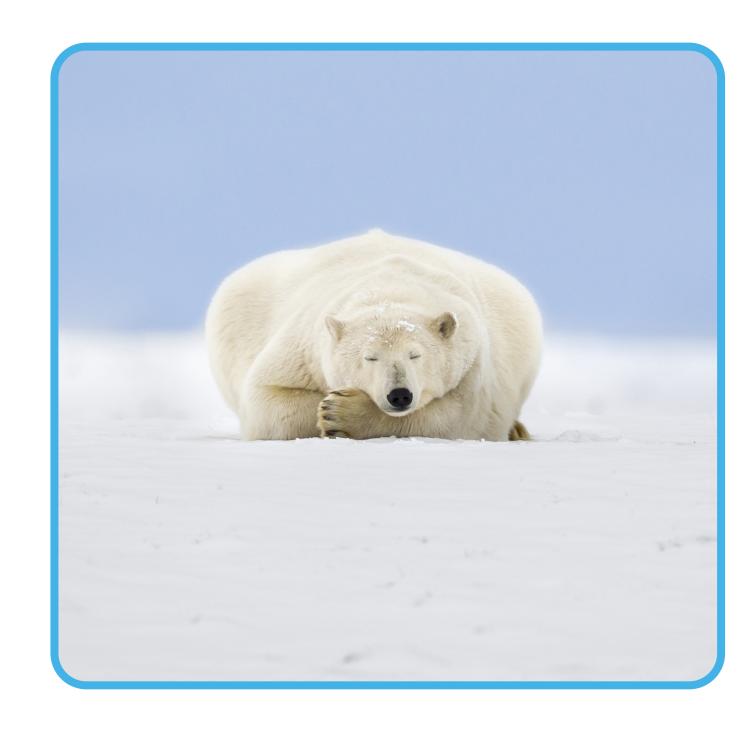
Chimps collect branches and leaves to make a comfy bed.



Good Night, Sleep Tight

Like all of these animals, you need to get enough sleep, too! But, how much sleep is enough?







Good Night, Sleep Tight

How many hours of sleep do you need each night?



AGE 4-12 MONTHS	HOURS 12-16 HOURS, INCLUDING NAPS
1-2 YEARS	10-14 HOURS, INCLUDING NAPS
3-5 YEARS	10-13 HOURS, INCLUDING NAPS
6-12 YEARS	9-12 HOURS
13-18 YEARS	7-9 HOURS

Good Night, Sleep Tight

You need 9 to 12 hours of sleep every night to help your body and brain...

- grow
- store memories
- be healthy





WHAT TIME WILL YOU NEED TO GO TO BED TONIGHT TO GET ENOUGH SLEEP?

Sleep Habits

Think about your bedtime and how you prepare for a good night's sleep.

