



You can be your best when you get enough good sleep!

Kids ages 5 to 12 need 10 to 11 hours of sleep each night.

When you get enough sleep you can:

- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness so you stay healthy
- Be in a good mood
- Get along with friends and family
- Solve problems better

Without enough sleep you can:

- Forget what you learned
- Have trouble making good choices
- Be grumpy and in a bad mood
- Have trouble playing games and sports
- Be less patient with brothers, sisters, and friends
- Have trouble listening to parents and teachers



SLEEP FOR KIDS

A Service of the
**NATIONAL
SLEEP
FOUNDATION**

Teaching Kids The Importance of Sleep



Why We Sleep

Sleep helps our body and brain develop and grow.



HOME

**WHY WE
SLEEP**

**HOW SLEEP
WORKS**

**SLEEP AND
YOU**

**CAN'T
SLEEP?**

DREAMS

**BRING OUT
THE STARS**

**GAMES AND
PUZZLES**

Your Brain Needs Sleep, so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and think of new ideas

Your Body Needs Sleep, so your:

- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness

Why We Sleep At Night

DRIVEN TO SLEEP



After a full night of sleep, you wake up ready for a new day of school, fun activities and family time. You use a lot of energy to go to school, play outside at recess, do your homework, go to piano lessons and eat dinner with your family and by the end of the day your body becomes driven to sleep. You are like a car, with your gas tank full in the morning, and empty by the end of the day. Just like your parents have to go to the gas station, you fill up your own "gas tank" while you sleep. A full tank gives you enough energy to stay busy and do your best the next day.

How Sleep Works

Your Body Rests, But is Also Active During Sleep



You spend the day running on the playground, learning at school, eating meals, and at night your body and brain get to rest, right? Wrong! In fact, while you are off in dreamland, your body and brain are very busy getting ready for a new day. That is why it is so important to give yourself time to sleep.

Sleepforkids.org

The Sleep Of America's Children

"We need to focus as much on the sleeping half of children's lives as we do on the waking half."