

What's Sleep Got to do With It?



Why do I need sleep?

Think about a day when you did not get enough sleep the night before. Were you tired? Did you have a hard time focusing on your schoolwork? Did you have enough energy to do the things you wanted to do?

Just like food and water, sleep is necessary for you to survive. Sleep helps your body and brain develop and grow, so you can have a happy and healthy body. It also gives your body a rest and time to prepare for the next day.

Your brain needs sleep so it can:

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

Your body needs sleep so it can:

- Grow muscles, bones and skin
- Fix injuries in your muscles and on your skin
- Stay healthy and fight sickness

How much is enough?

Skipping just one night of sleep can make you tired, unhappy, forgetful, clumsy and cranky. To avoid that, you will need 10 to 11 hours of sleep per night.

