What is sleep?

Why do you need sleep?
Why do all animals sleep?
Do you sleep enough?
What is sleep?

When you sleep, your brain works differently than when you are awake. There are two kinds of sleep, REM Sleep and Quiet Sleep. Both kinds are important for good health.

In REM sleep
- Your eyes move
- You dream
- Most of your muscles do not move

In Quiet Sleep
- Your eyes do not move
- You do not dream
- Your muscles move

In sleep, your eyes move back and forth while you dream.

A dog’s eyeballs move under its eyelids as it dreams.

A Sleep Cycle
When something happens over and over again in the same way, it is called a cycle.

At night, you start out in Quiet Sleep, then go into REM sleep, then back again to Quiet Sleep.
What happens when you sleep?
Your body is quiet, but your brain is working hard.

Why Do Animals Sleep?
The body's cells need sleep to stay healthy. When animals don't sleep enough, they start to forget things!

Animals sleep to save energy.

This red blood cell needs a good night's sleep!

Now, where did I put that red ball of yarn?
All animals sleep, but some animals sleep more than others.

Here are some animals and the number of hours they sleep in a 24-hour period.

<table>
<thead>
<tr>
<th>Animal</th>
<th>Hours of Sleep a Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giraffe</td>
<td>2</td>
</tr>
<tr>
<td>Child</td>
<td>10</td>
</tr>
<tr>
<td>Dog</td>
<td>10</td>
</tr>
<tr>
<td>Squirrel</td>
<td>15</td>
</tr>
<tr>
<td>Opossum</td>
<td>18</td>
</tr>
<tr>
<td>Bat</td>
<td>20</td>
</tr>
</tbody>
</table>

Small mammals usually sleep longer each day than large mammals...

...but not always.
Sleepy Numbers

If you sleep 10 hours each night, you sleep _____ hours each week.

If you have 5 dreams each night, you have _____ dreams in a week.

Each day, dogs sleep _____ times as long as giraffes.

Answers:
If you sleep 10 hours a night, you sleep 70 hours a week.
If you have 5 dreams each night, you have 35 dreams in a week.
Each day, dogs sleep 5 times as long as giraffes.
Do You Sleep Enough?

Children need to sleep at least 10 hours every night. How much do you sleep?

Use a blue pencil to mark the time you go to sleep. Use a red pencil to mark the time you wake up.

Count the hours between the blue and red pencil marks to see how long you sleep!

Here are some things that help you sleep.

Bedtime at 8 PM

A dark, quiet room

Reading

Here are some things that make it harder to sleep.

Bright light

Drink with caffeine

Too late!

TV on

This newsletter addresses QCC Grade 2 Science Standards 1, 2, 4; grade 3 Science Standards 12, 15; Grade 2 Language Arts Standards 15, 16, 18; Grade 3 Language Arts Standards 14, 17, 18.


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