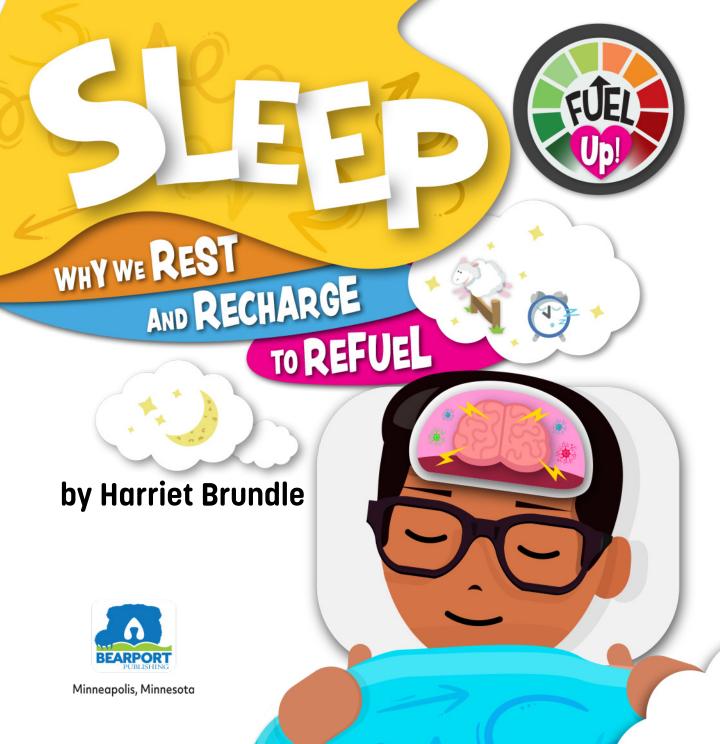




[Page intentionally left blank.]



Credits:

Cover & Throughout - Rhenzy, notkoo, zsooofija, Tribalium, Avgust Brut, varandah, LightField Studios, 4&5 - ESB Professional, yusufdemirci, ann131313, 6&7 - Mladen Zivkovic, 8&9 - Mladen Zivkovic, 10&11 - Pogorelova Olga, Artistdesign29, kobps2, 12&13 - Yurlick, StockSmartStart, Ronnachai Palas, Africa Studio, 14&15 - shapovalphoto, ann131313, Michaeljung, 16&17 - Iconic Bestiary, MNStudio, 18&19 - Chinnapong, Fun Way Illustration, 20&21 - Vector Tradition, vystekimages, Fam Veld, 22&23 - GoodStudio.

Images are courtesy of Shutterstock.com. With thanks to Getty Images, Thinkstock Photo, and iStockphoto.

All facts, statistics, web addresses, and URLs in this book were verified as valid and accurate at time of writing. No responsibility for any changes to external websites or references can be accepted by either the author or publisher.

Library of Congress Cataloging-in-Publication Data

Names: Brundle, Harriet, author.

Title: Sleep: why we rest and recharge to refuel / by Harriet Brundle.

Description: Fusion. | Minneapolis, MN: Bearport Publishing Company,

[2021] | Series: Fuel up! | Includes bibliographical references and index.

Identifiers: LCCN 2020009370 (print) | LCCN 2020009371 (ebook) | ISBN 9781647473440 (hardcover) | ISBN 9781647473495 (paperback) | ISBN 9781647473549 (ebook)

Subjects: LCSH: Sleep–Juvenile literature. | Sleep disorders–Juvenile literature.

Classification: LCC RA786 .B78 2021 (print) | LCC RA786 (ebook) | DDC 612.8/21-dc23

LC record available at https://lccn.loc.gov/2020009370 LC ebook record available at https://lccn.loc.gov/2020009371

© 2021 Booklife Publishing

This edition is published by arrangement with Booklife Publishing.

North American adaptations © 2021 Bearport Publishing Company. All rights reserved. No part of this publication may be reproduced in whole or in part, stored in any retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

For more information, write to Bearport Publishing, 5357 Penn Avenue South, Minneapolis, MN 55419. Printed in the United States of America.



CONTENTS

All About Sleep 4
What Happens When I Sleep? 6
Why Do I Dream?10
Why Do I Need Sleep?12
Not Enough Sleep14
I Can't Sleep! 16
Sleep Problems
A Healthy Lifestyle20
Fuel Up with Sleep!22
Glossary
Index24







