

# SLEEP

WHY WE REST  
AND RECHARGE  
TO REFUEL



by Harriet Brundle





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AND RECHARGE

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Minneapolis, Minnesota



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# CONTENTS

All About Sleep.....	4
What Happens When I Sleep? ...	6
Why Do I Dream?.....	10
Why Do I Need Sleep? .....	12
Not Enough Sleep.....	14
I Can't Sleep! .....	16
Sleep Problems.....	18
A Healthy Lifestyle.....	20
Fuel Up with Sleep! .....	22
Glossary .....	24
Index.....	24






# ALL ABOUT SLEEP

Sleep is as important as food or water. We cannot **function** without it.

WE SPEND  
ABOUT ONE  
THIRD OF  
OUR LIVES  
SLEEPING!

An illustration on a red background with concentric circular patterns. A boy with dark curly hair, wearing a green and yellow striped shirt and brown pants, is jumping joyfully with his arms raised. In the bottom left, a large hand is reaching out. In the bottom right, a girl with brown hair is sleeping in a wooden bed with a blue blanket and pillow. Above her are three thought bubbles: two small white ones and one larger one containing a yellow crescent moon and three yellow stars.

It is good for our bodies  
to get sleep. The amount  
of sleep we get affects  
how we feel each day.

# WHAT HAPPENS WHEN I SLEEP?

You might think that nothing happens during sleep. But our bodies are actually very busy moving through different stages of the sleep cycle.





The first stage of the cycle is light sleep. This happens when we are just starting to fall asleep. After this, we enter a deeper sleep. We stop being **responsive** to things around us.

