

Do You Need More Sleep?

Have you ever wanted to stay up all night? It's not really as much fun as you think, and it's not good for your mind or body. 1

If you don't get enough sleep, you can feel grouchy, and your body might become weak, causing you to become sick. There's something else, too. Not getting enough sleep also makes it harder to remember things. You may not be able to do your best work at school. 2

Most people find some things, such as reading or working on math, harder to do when they don't get enough sleep. For every hour of sleep you miss, it takes more time and energy to solve problems. 3

Sleep is one of those things every animal needs (like air, water, food and exercise). Some animals, such as dolphins, take very short naps throughout the day. However, humans need to sleep for several hours at a time. It takes about 10 hours of sleep (fewer for adults) to help you feel well the next day. 4

Getting enough sleep is important, because bedtime is when your body rests its tired muscles, builds up energy and gets itself ready for the next day. It's also when your brain reviews what you've learned, which helps it make sense of the things you have seen, heard and thought about during the day. 5

Do you think more sleep would help you perform better at school? 6

