



Name: _____

Sleep

Did you know that sleep is like a superhero for our bodies? It might seem like we just close our eyes and rest, but sleep does so much more! Getting enough sleep is important for us to be healthy and happy for several reasons.

First, sleep helps our bodies grow big and strong. When we sleep, our bodies work extra hard to grow and repair our muscles and bones. That's why doctors say that getting enough sleep is like giving our bodies a superpower!

Secondly, sleep is like a brain booster. When we snooze, our brains are super busy sorting out all the things we learned during the day. It's like having a team of tiny helpers organizing our thoughts and memories, so we wake up feeling ready to learn and play again.

Sleep also helps us stay healthy. It's like a shield against getting sick! When we sleep enough, our bodies make special soldiers called antibodies that fight off germs and keep us from getting sick.

Have you ever noticed how grumpy or tired you feel when you haven't slept well? That's because sleep is like our energy charger. Just like how superheroes need to charge up to use their powers, our bodies need sleep to have the energy to run, play, and have fun during the day.

Imagine sleep as a big, cozy blanket that wraps us up and makes us feel better. It's our body's way of saying, "Hey, time to rest and get ready for tomorrow's adventures!"

So, the next time someone tells you to go to bed early, remember that they're helping you become a sleep superhero! Getting enough sleep makes us healthier, happier, and ready to tackle each day like a true champion.





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1. How does sleep help our bodies grow?

- a) By boosting brain function
- b) By repairing muscles and bones
- c) By fighting off germs
- d) None of the above

2. What is the main idea of paragraph 4? _____

3. Give a supporting detail for the main idea you wrote in question 2. _____

4. What happens to our brains when we sleep? _____

5. What is the main idea of the entire passage? _____
