



Name: \_\_\_\_\_

# The Importance of Sleep

Do you know that feeling of being tired after a long day at school or playing outside? Your body is telling you that it needs rest, and that's where sleep comes in. Sleep is super important for your health and well-being.

First, sleep helps your body grow and stay healthy. When you sleep, your body gets the chance to repair muscles and grow. It's like giving your body time to recharge, just like how you charge your tablet or phone at night to use it the next day.

Second, sleep helps your brain work well. Imagine your brain is like a computer that needs time to organize and store all the things you learned during the day.

Sleep is like hitting the "save" button for all that information. Without enough sleep, your brain might feel tired, making it harder to focus and learn new things.

Lastly, sleep is essential for your mood and emotions. Have you noticed that when you're tired, you might feel grumpy or upset more easily? That's because sleep helps balance your emotions. When you get enough sleep, you're more likely to feel happy and ready to tackle the day ahead.

In conclusion, sleep is not just about closing your eyes and resting; it's crucial for your body, brain, and emotions. Making sure you get enough sleep each night—usually around 9-11 hours for kids your age—will help you grow, learn, and feel your best.

Remember, a good night's sleep is like giving your body and mind a superpower boost!





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# Sleep

1. How is sleep like hitting the "save" button for your brain?

- a) It helps your brain organize and store information
- b) It helps your brain create new ideas
- c) It helps your brain relax and unwind
- d) It helps your brain release stress hormones

2. What can happen to your brain if you don't get enough sleep?

- a) It becomes more active and alert
- b) It becomes better at multitasking
- c) It becomes tired and harder to focus
- d) It becomes better at remembering things

3. What is the main idea of the entire passage? \_\_\_\_\_

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4. List two supporting details for the main idea you wrote down for question 3. \_\_\_\_\_

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