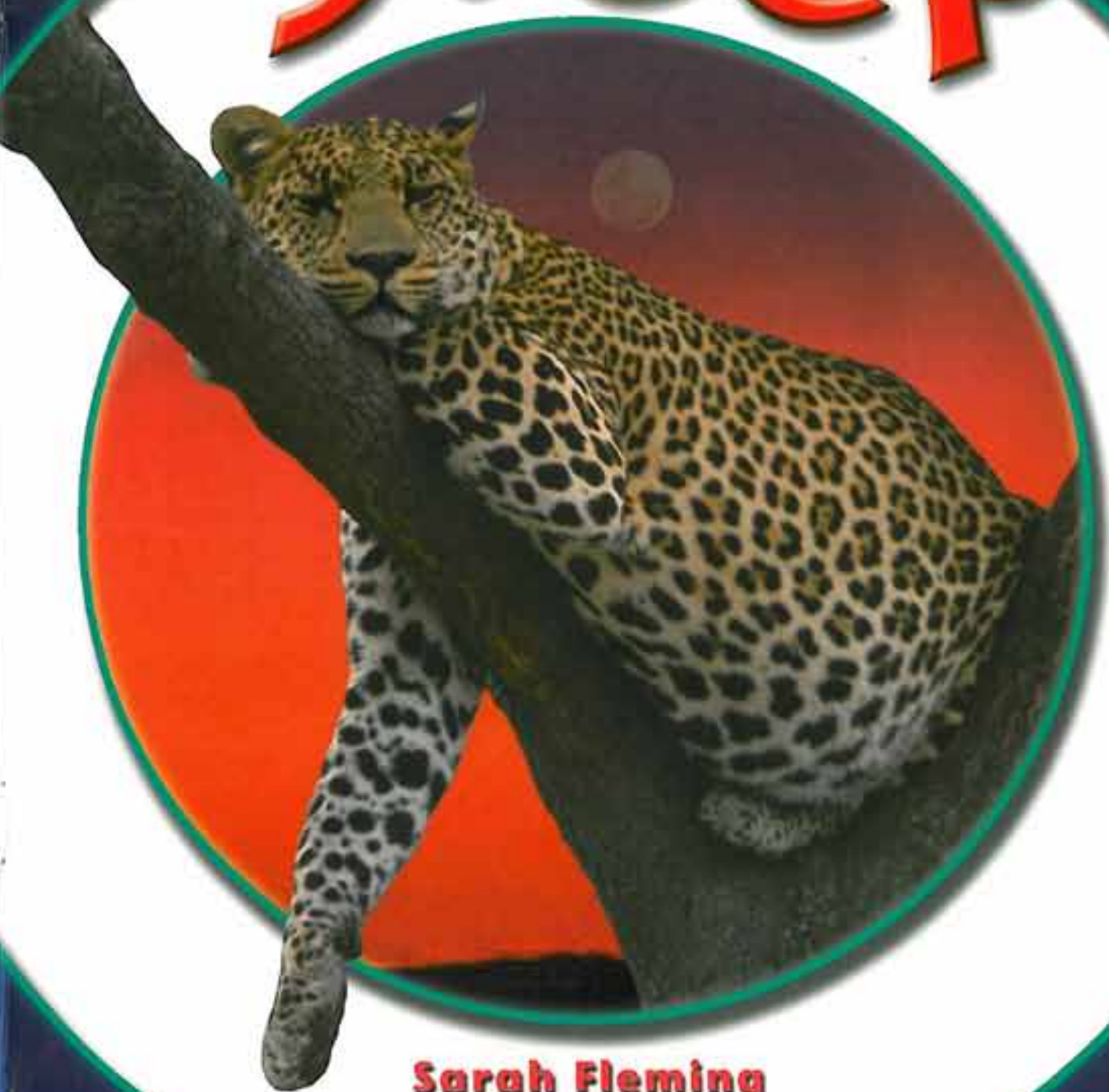





Sleep



Sarah Fleming

KEY

When you see this:

 try to read the
words on your own.

Sleep

Sarah Fleming

- 2** Introduction: Facts
- 4** What Is Sleep?
- 6** Why Do We Sleep?
- 9** Lack of Sleep
- 10** Day or Night?
- 12** How Do We Sleep?
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Contents



Introduction: Facts

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☆ Children ages nine to 13 need to sleep for about ten hours a day.

That's $\frac{10}{24} = 41.6$ percent of the time.



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☆ Add it up, and in one year you sleep for 152 days!



☆☆☆☆☆
When you were a baby, you slept for 16 hours a day. That's two-thirds of the time!



☆☆☆☆☆
You need less sleep as you get older, but by the time you're 75 you will have slept for 25 years.

Not everyone needs the same amount of sleep. Some people live happily with only three hours of sleep a night – but not many!



Guess how many hours a day these animals **sleep**. You'll find some answers in this book.