



Sleep

- Sleep is when we give our brains a break from being awake and we rest our bodies.
- Getting enough sleep is really important for our physical and mental health.
- The amount of sleep we need depends on our age. Usually the younger we are the more we need.
- When we don't get enough sleep it can make us moody, tired and less clever at doing things.
- If we usually don't get enough sleep we can get ill.
- When we have a healthy sleep pattern we can cope better with the 'ups and downs' of life. This means that when things are bad we feel better sooner.
- We tend to sleep better if we have a good bedtime routine. This means having quiet and calm time before going to bed.

