Name:

Why Sleep is Important?

Getting enough sleep and rest is just as important as eating healthy food or exercising. When we sleep, our bodies and brains have time to recover, grow, and recharge for the next day. While we rest, our hearts slow down, our breathing becomes steady, and our muscles repair themselves from daily activities. Sleep also helps the brain store new information and memories — that's why a good night's sleep helps us learn better in school. Most children aged 10 to 12 need about 9 to 11 hours of sleep each night to stay healthy and alert. When we don't get enough sleep, we may feel tired, cranky, or have trouble focusing in class. Lack of sleep can also make it harder to fight off colds and other illnesses because the immune system becomes weaker.

Good sleep habits, also called sleep hygiene, help us rest well. Going to bed at the same time every night, keeping the bedroom quiet and dark, and avoiding screens like TVs and tablets before bed are all great habits. Reading a book or listening to calm music can help you relax before bedtime. Getting enough sleep every night helps your body stay strong, your mind stay sharp, and your mood stay positive.

Comprehension Questions:
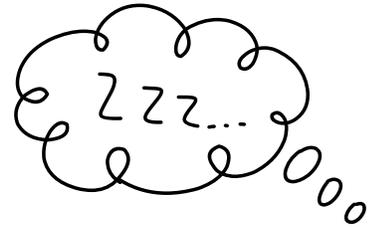
1-Why is sleep important for our bodies and brains?

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2-How much sleep do most children aged 10 to 12 need each night?

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3-What can happen if we don't get enough sleep?

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4-What are some examples of good sleep habits?

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5-How does getting enough sleep help students at school?

_____

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6-Fill in the Blanks

Sleep helps our bodies _____, _____, and _____ for the next day.

Children aged 10 to 12 need about _____ to _____ hours of sleep each night.

Not getting enough sleep can make us feel _____ and cause us to lose _____ in class.

Turning off _____ before bed is part of good sleep hygiene.

A good night's sleep helps us stay _____, _____, and _____.

7-Write a little paragraph about what time do you sleep and if you don't follow that routine ,how does it impact your health and why?

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