

When you're so tired that you just can't make it to your bed

# Sleep

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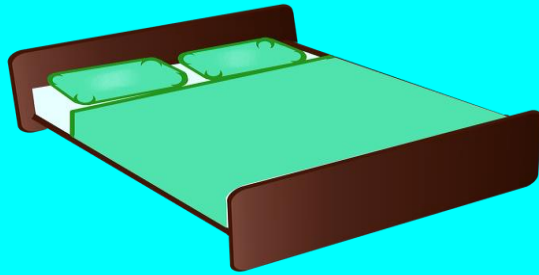


zzzz

# Fact #1

Sleep plays an important role in your physical health.

Involved in healing and repairing your heart and blood vessels.



# Fact #2

Sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.



# Fact #3

Humans spend about a third of their lives asleep.



# Fact #4

Improves memories - during sleep you can strengthen memories or practice skills learned while you were awake.



# Fact #5

Toddlers (1-2 years) 11 to 14 hours of sleep per night.

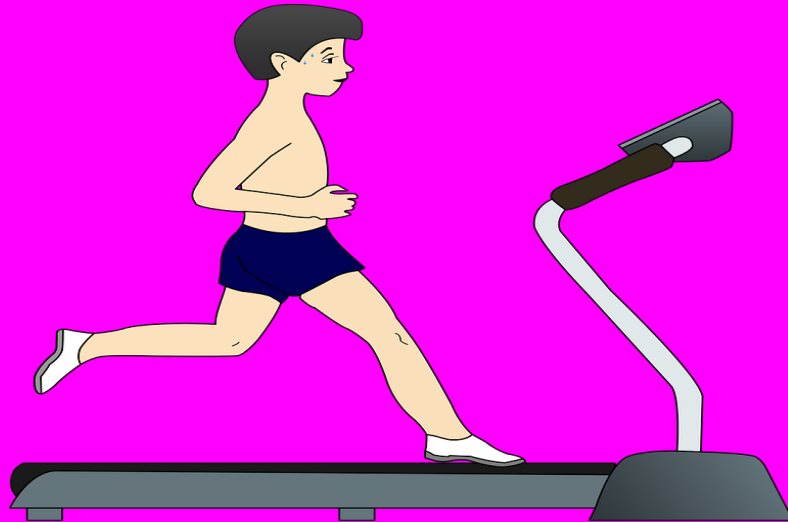
School aged children (6-13 years) need 9-11 hours of sleep per night.

Adults need 7-9 hours of sleep per night.



# Fact #6

Exercising regularly makes it easier to fall asleep and contributes to sounder sleep.



# Fun facts about animal sleep

Two thirds of a cats life is spent asleep

A giraffe only needs 1.9 hours a day

A brown bat needs 19.9 hours of sleep a day

Elephants can



on the ground.



# Fact #8

Noises at night especially those in the first and last hours of sleep, can disrupt the function order to fall asleep, our body temperature has to decrease slightly.



# Fact #9

You may find it very difficult to fall asleep if the temperature of your room is too high. In order to fall asleep, our body temperature has to decrease slightly



# Fact #10

Foods to help you sleep- walnuts, almonds, warm milk, herbal tea, milk chocolate

Foods that keep you awake- chocolate whole grain, fruit, eggs, spicy foods, smoked meat caffeine.



The  
End

