



MY BODY Inside and Out!



# What Happens When I Sleep?



Zzz!

Zzz!

Zzz!

Zzz!

Zzz!



my dream

Ruth Owen

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# What Happens When I Sleep?



by Ruth Owen

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Words shown in **bold** in the text are explained in the glossary.



## Time to Sleep



Did you know that you spend one-third of your life asleep?

That probably sounds like a big waste of time, but sleep is very important for your body.

It might seem as if your body shuts down when you go to sleep.

In fact, it is busy all night making repairs, helping you grow, and getting you ready for a new day. Let's check it out.



A person who is nine years old has spent about three years asleep. All that sleep, however, has made it possible for the other six years to be action-packed. A good night's sleep helps you play, study, do sports, and enjoy your day.

If you are 7 to 12 years old, your body needs 10 to 11 hours of sleep each night.



An adult needs about 8 to 9 hours of sleep at night.



A baby needs about 15 hours of sleep!





## Your Body Clock



You set your alarm clock to tell you when it's morning.

Your body actually has its own clock inside, however.

Your body clock is a part of your **brain** that **detects** sunlight and darkness.

As night falls, your brain detects the darkness and starts making a chemical called **melatonin**.

This chemical gets you ready for bed by making you feel sleepy.

In the morning, your body clock detects sunlight and knows it's time for you to wake up.

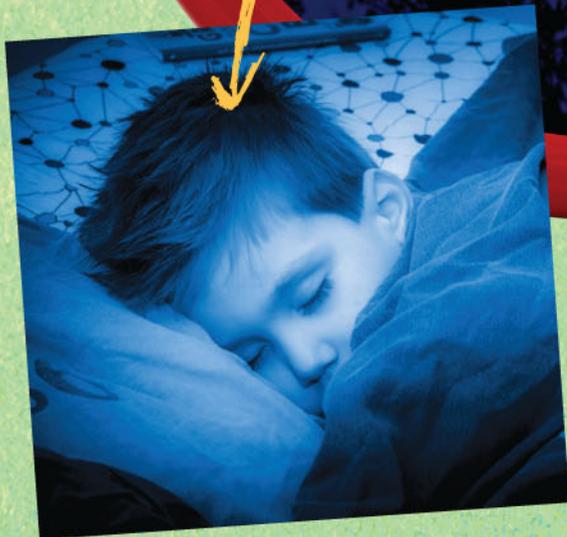
Having a bright light near your bed, such as a computer or TV screen, can make it hard to fall asleep. That's because the light makes your body clock think that it must be daytime!





Darkness

Sunlight





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## Read More

### **Culbert, Timothy, and Rebecca Kajander.**

*Be the Boss of Your Sleep:  
Self-Care for Kids (Be  
the Boss of Your Body).*

Minneapolis: Free Spirit  
Publishing (2007).

### **Huebner, Dawn.**

*What to Do When You Dread  
Your Bed: A Kid's Guide to  
Overcoming Problems With  
Sleep (What to Do Guides  
for Kids).* Washington, DC:  
Magination Press (2008).

## Learn More Online

To learn more about what happens when you sleep, go to  
[www.rubytuesdaybooks.com/mybodysleep](http://www.rubytuesdaybooks.com/mybodysleep)

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# What Happens When I Sleep?

You may be fast asleep and dreaming, but your body is still hard at work. Find out how your body stays busy all night, breathing in and out, making repairs, and getting you ready for a new day.

Titles in this series

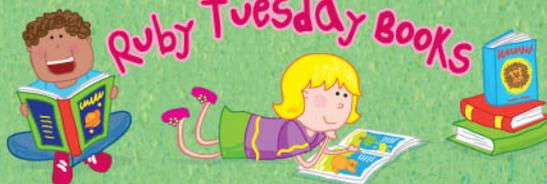
**What Happens When I Eat?**

**What Happens When I Grow?**

**What Happens When I Move?**

**What Happens When I Sleep?**

Zzz!



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