

100 Words Essay on

Sleep

Sleep is very important for kids because it helps their bodies and brains grow. When you sleep well, you feel happy, energetic, and ready to learn. Kids need 9-12 hours of sleep every night.

A good bedtime routine, like brushing teeth and reading a book, helps you fall asleep faster. Avoid screens before bed because they can keep you awake. Sleeping in a dark, quiet room makes rest deeper.

If you don't get enough sleep, you may feel grumpy or have trouble paying attention in school. Remember, sleep is like a superpower—it makes you stronger, smarter, and healthier!

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Health & Fitness

Sleeping



It might sound strange, but sleeping is actually one of the most important parts of health and fitness. It's often overlooked and underrated as a key part of your body's health. Why is sleep so important and what happens when you're sleeping?

Sleep is actually a very active time for your body. It's not just you closing your eyes and waiting to wake up. Sleep is made up of stages. In the first couple stages, your mind stops worrying about what is happening around it and your body relaxes. Your heart rate, temperature, and breathing all lower as your body relaxes. As you fall more deeply asleep, your muscles relax, and your cells start to rebuild. Growth hormones are released in deep sleep to help you grow and build muscle. Your body repairs and re-energizes itself.

Later, you will fall into REM sleep. This is probably the most important part of your sleep, when you are dreaming. Your muscles turn off completely, but your brain is very active. It helps provide energy for the brain and gives you daytime energy. You usually drop into dream or REM sleep about every 90 minutes you are asleep. That's why uninterrupted sleep is important.

Hormones that control mood, alertness, energy level, your immune system, and appetite are all affected by sleep. Getting the proper amount of sleep allows your body to function at its very best. It also helps you to heal and grow. Your memory doesn't even work as well when you are tired. How can you make good decisions and concentrate without proper sleep?

Sleep is a very productive time of the day, so make sure you're getting enough of it! Studies show that most young children need 10-12 hours of sleep. Babies and toddlers need even more! Teenagers need between 8 and 9.5 hours of sleep. Adults usually need less than this, but it depends on the individual. Make sure you are getting enough sleep!



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HOW QUESTIONS FLASHCARDS



HOW FAR

How far is this forest?



HOW FAST

How fast is this car?



HOW MANY

How many cats are here?



HOW MUCH

How much does it cost?



HOW HIGH

How high is this mountain?



HOW DEEP

How deep is the sea?



HOW HEAVY

How heavy is the dumbbell?



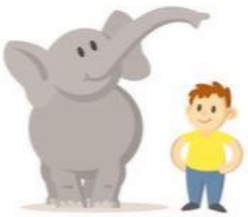
HOW OFTEN

How often do you brush your teeth?



HOW OLD

How old is your grandfather?



HOW BIG

How big is the elephant?



HOW TALL

How tall is the giraffe?



HOW LONG

How long should I wait?

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