

Why Do We Need Good Sleep?

Part 1. Make a story about why you need sleep. Choose a word from the word list to finish each sentence. Then draw a picture to go with your sentence. Cut along the dotted line to make your book.

grow

energy

better

1. Good sleep gives me _____ to learn and play.

2. Good sleep helps my body get _____ when I get hurt or am sick.

3. Good sleep helps my body _____ taller and stronger.

Part 2. Sleep and Breathe ▼

Read the words below. Then write your answer to the question on the back of this page.

Do you snore? How about your brother or sister? Adults aren't the only ones who snore! When kids snore, it often has a lot to do with their tonsils. Open your mouth and take a deep breath. Do you feel the air going into your throat? The air goes through a tube into your lungs. The tube at the back of your throat isn't very wide. If the tonsils are extra big, they can block part of the air tube. Enlarged tonsils can make it hard for people to breathe and sleep well. Without a good night's sleep, kids and grown-ups can be tired when they wake up in the morning.

QUESTION: Why do you need good sleep every day?

Name: