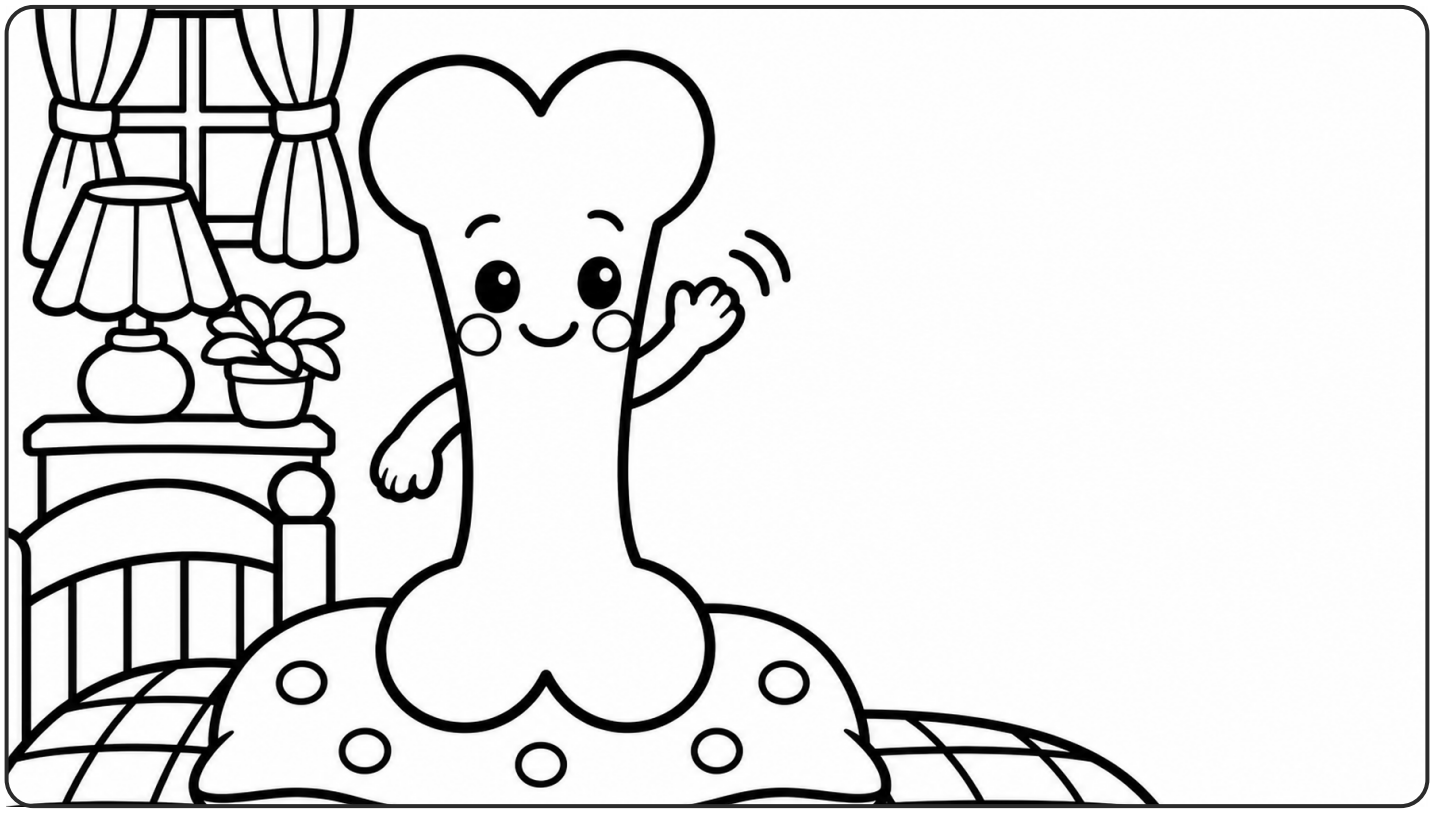
What happens if you don't sleep?

Yaaawn! What happens if you don't sleep?



Why?

1. **Tired and cranky.**
   Without enough sleep, you feel tired and cranky. Little things can make you grumpy or whiny. It's harder to pay attention, too, and schoolwork feels extra hard.
2. **Sleep helps you grow.**
   When you sleep, your body gets busy. In deep sleep, it sends out a grow signal called growth hormone. Growth hormone helps bones grow longer. That's how you grow taller, night after night!
3. **A busy brain, a strong body.**
   Sleep helps your body's germ fighters stay strong. And your brain is busy at night. Sleep helps you learn and remember new things.

Color Bonnie too!



Try it! A bedtime plan

You need: a grown-up

1. Turn off screens one hour before bed.
2. Go to bed at the same time every night.

What happened? Sleep helps you grow!

Video + more questions:
whywhywhykids.com/sleep

scan with a grown-up