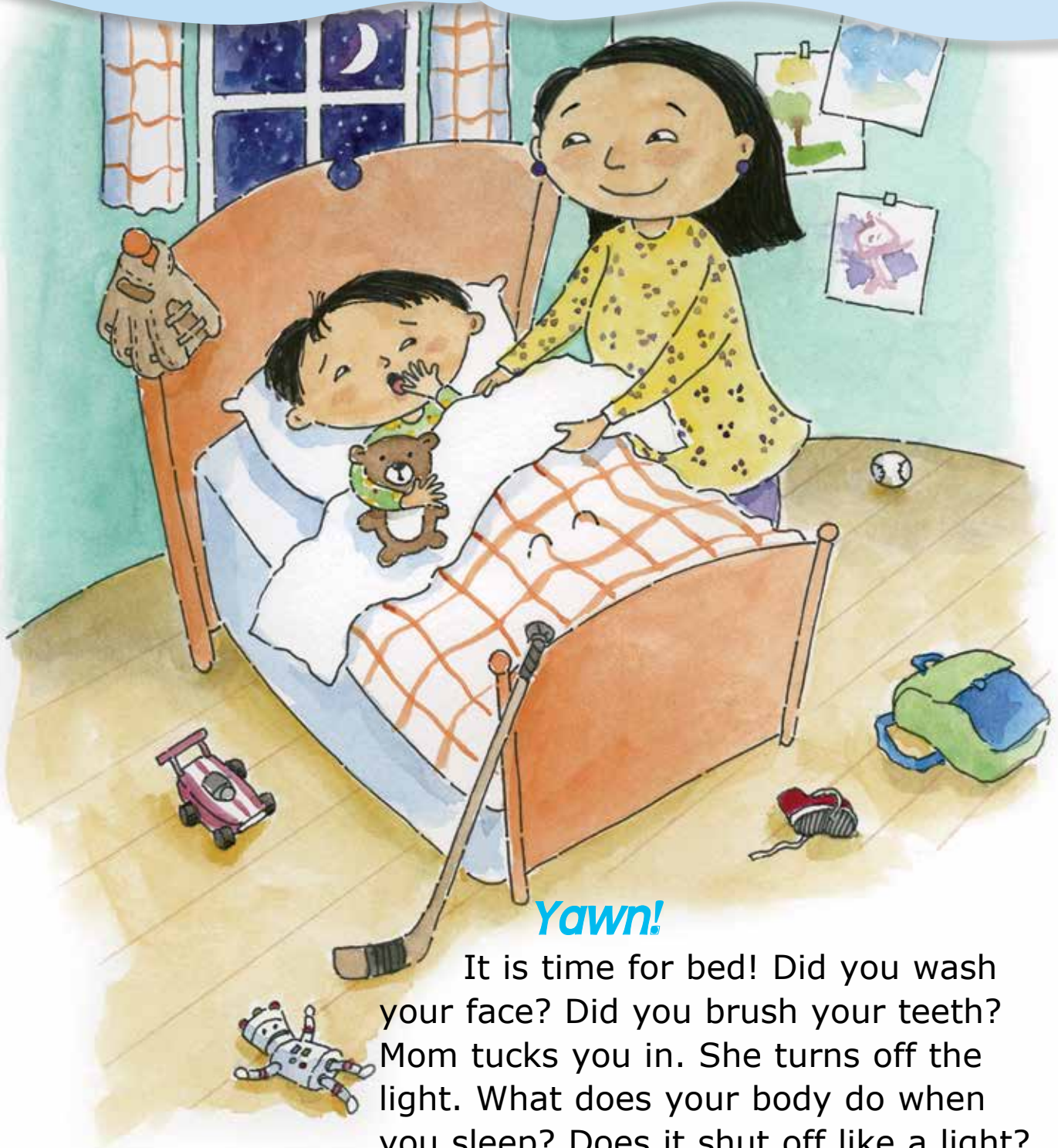


# Sleepy Bodies

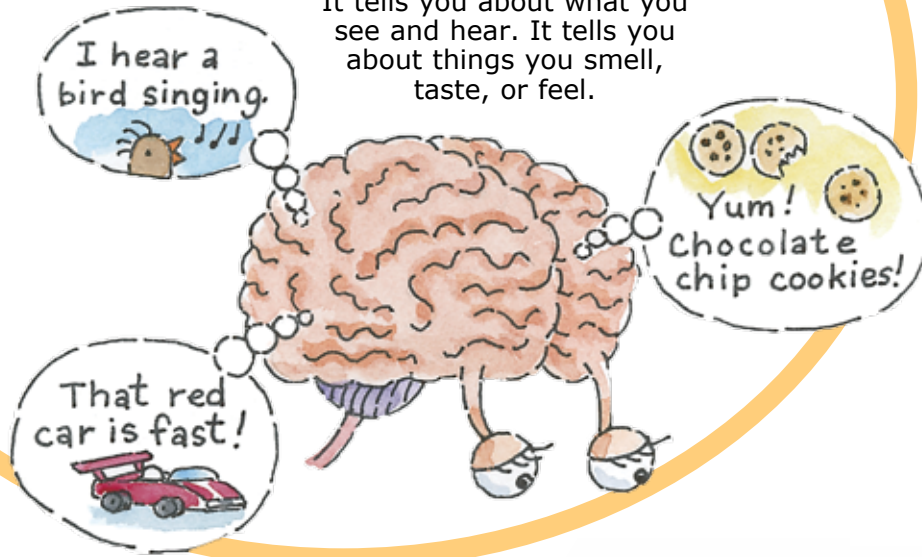
art by Mark Hicks



**Yawn!**

It is time for bed! Did you wash your face? Did you brush your teeth? Mom tucks you in. She turns off the light. What does your body do when you sleep? Does it shut off like a light? Let's find out!

Did you know that your brain never stops working? It tells you about what you see and hear. It tells you about things you smell, taste, or feel.

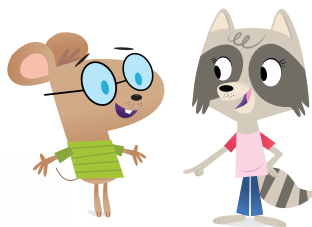


Your body temperature goes down a little. How does this help? It saves energy. You need it when you are awake!

Are you sleeping more? It may be because you are growing!



I think I grew taller overnight.



You're standing on your tiptoes!



What does your heart do? It pumps blood around your body. It does not stop. But it slows down while you sleep. It needs that rest!

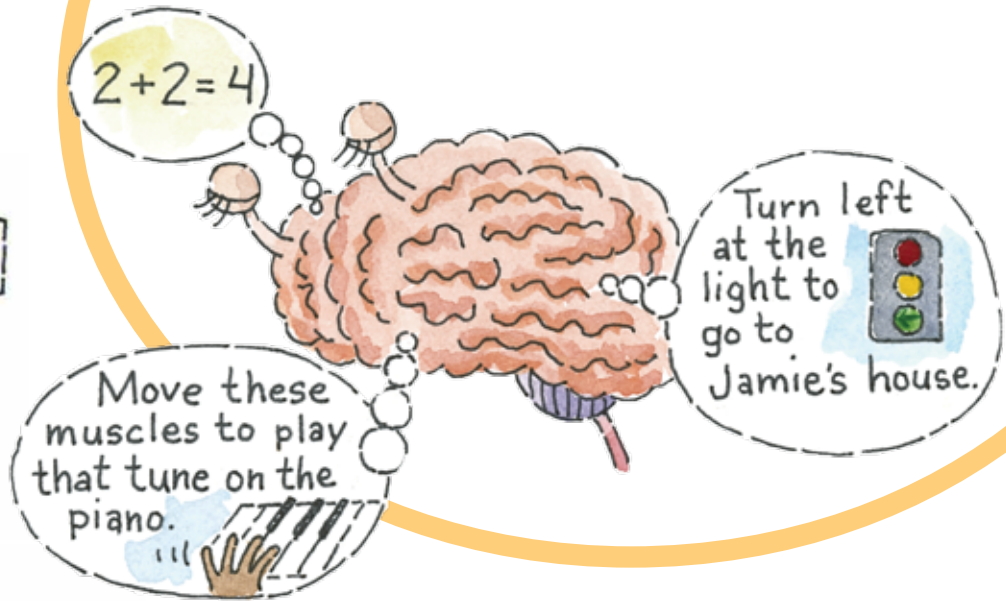




Muscles in your mouth and throat relax. What happens when they relax too much? The path of air is blocked. That makes you snore!



What does your brain do when you are sleeping? It works hard. It helps you remember things.

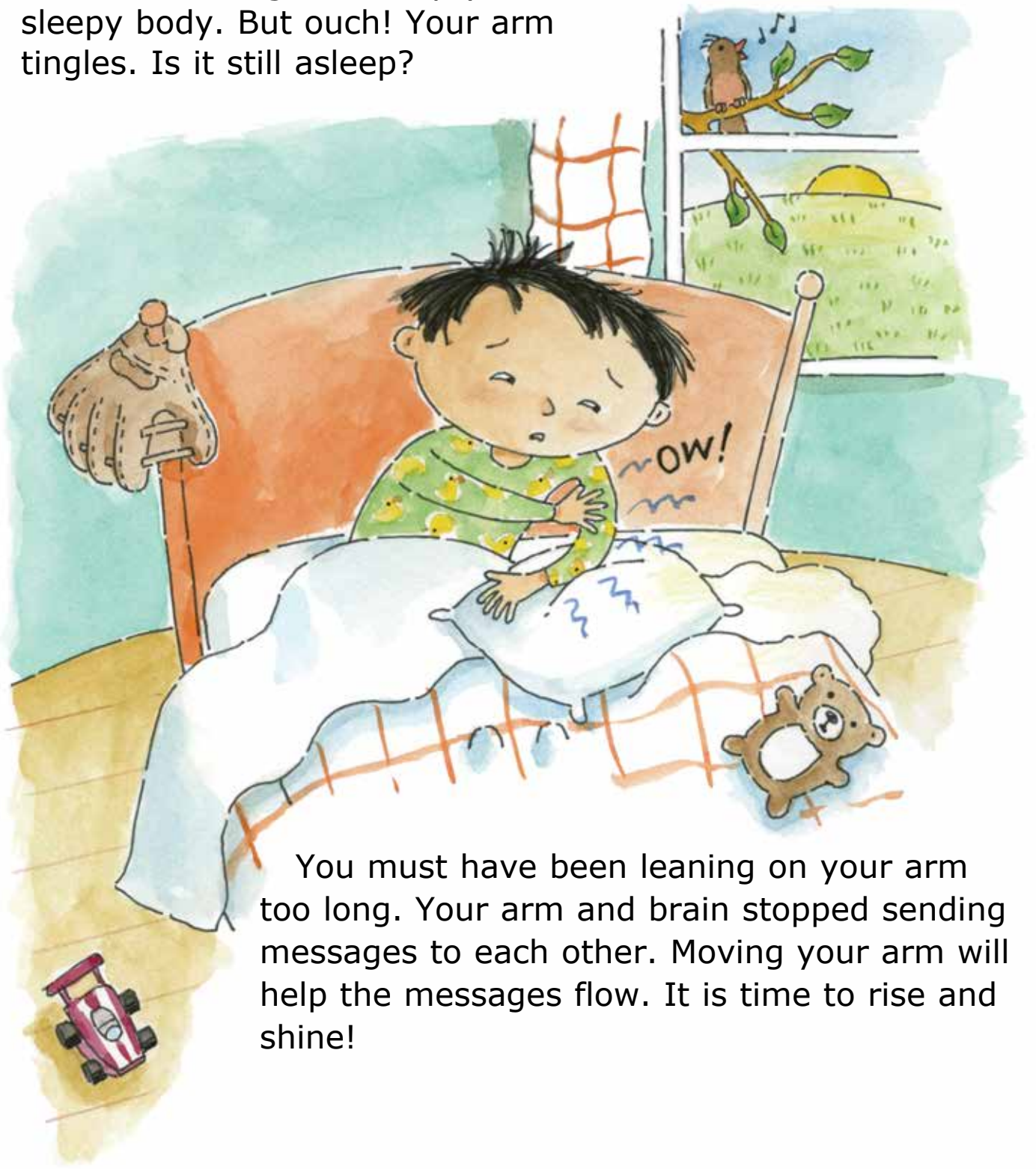


You sweep away dust when you blink. Do your eyes feel sandy when you wake up? That is because you do not blink when you sleep!

Have you ever fallen asleep in a chair? Does your head flop down? Your muscles are relaxing. They cannot hold up your head. That is why we have beds!



Good morning! Wake up your sleepy body. But ouch! Your arm tingles. Is it still asleep?



You must have been leaning on your arm too long. Your arm and brain stopped sending messages to each other. Moving your arm will help the messages flow. It is time to rise and shine!