

0:06  
Oh, hey there!  
0:06  
[Jessi yawns]  
0:08  
Excuse me!  
0:10  
I'm so sorry.  
0:11 有点儿;有几分  
I'm kind of tired today, because I didn't get enough sleep last night!  
0:14 a little  
[Squeaks squeaks]  
0:15  
Aw, thanks, Squeaks!  
0:16  
But I think I'll be alright.  
0:17 大概;很可能 maybe perhaps  
You probably already know that sleep is really important, and that we need to get  
plenty  
0:21 plenty of 大量;很多  
of it.  
0:22 most of kids ?  
Doctors think that most kids need to get about 10-12 hours of sleep every day!  
0:27  
But sometimes it's hard to go to bed when you're supposed to, especially if you  
don't  
0:31  
feel tired.  
0:32  
That's why it helps to know what's going on while you're snoozing away at night,  
0:35  
and why sleep is so important.  
0:37  
Think about all of the things you do during the day.  
0:39  
You probably spend a lot of your day playing, or maybe going places like to school  
or to  
0:44  
the store.  
0:45  
All those activities, and anything else you do, take energy.  
0:48  
Your body still uses energy when you sleep, but it uses less of it.  
0:52  
Since your body uses less energy when you sleep, it has a chance to save some some  
of  
0:56  
that energy for later.  
0:57  
So you feel good when you wake up the next morning, and you're ready to tackle  
another  
1:01  
day!  
1:02  
Sleep also gives your body a chance to focus energy on things that help to keep you  
healthy.  
1:05  
For example, your body uses energy to heal and to grow while you sleep.  
1:10

Sleep also gives your body a chance to use energy to <sup>抵抗</sup> **fight off** the <sup>细菌</sup> **germs** that can make  
1:14  
you sick.  
1:15  
So, sleep is important for your whole body.  
1:17  
But there's one special part of your body that really needs sleep ... your brain!  
1:22  
Sleep not only gives your body a rest, it gives your brain a rest, too!  
1:26  
Your brain is super busy during the day!  
1:28  
It works really hard to make sense of all of the things you see, smell, and hear;  
it  
1:33  
makes sure that the parts of your body are working together; it helps you make  
decisions;  
1:36  
and it helps you learn new things.  
1:39  
And that's just some of its jobs!  
1:41  
Your brain doesn't stop working when you sleep, but it does have a chance to slow  
down  
1:45 <sup>就一点点</sup> **for a bit**, and to kind of <sup>弄清楚</sup> **figure things out**.  
1:48  
While you sleep, your brain **organizes** the things you learned during the day to help  
1:52  
you remember them later.  
1:53  
Your brain also <sup>分类</sup> sorts out your feelings while you sleep.  
1:56  
Scientists have also found that your brain needs sleep to help you <sup>专注于</sup> **concentrate**, so  
you  
2:00  
can be better at solving problems at home and at school.  
2:03  
Wow, there's a lot going on while you sleep, even if you don't remember it when  
2:08  
you wake up!  
2:09  
There's so much going on, in fact, that your body usually makes you feel pretty  
terrible  
2:13  
when you don't get enough sleep.  
2:15  
Too little sleep can make you feel tired, and can make it harder for you to  
concentrate  
2:19  
or solve problems.  
2:20  
And, since your brain helps sort out your feelings while you're sleeping, you can  
2:24  
also feel <sup>暴躁的</sup> **cranky** or <sup>易怒的</sup> **crabby** when you don't get enough sleep!  
2:27  
So, what can you do to make sure that you get enough sleep?  
2:29

First, doctors and other sleep experts say you should have a sleep routine.

2:34

That means you should try do the same things every night before we go to bed.

2:38

A sleep routine helps your body realize that it's time to go to sleep.

2:41

A good routine might include reading a story, having a bath, or maybe listening to some

2:46

soft music.

2:47

It should also mean going to bed at about the same time every night, and getting up

2:51

at about the same time every morning.

2:53

That's one of the reasons it's important to have a bedtime!

2:56

One thing that shouldn't be part of your sleep routine is watching TV or using a tablet

3:00

or phone.

3:01

That's because the special light from their screens can send a signal to your body that

3:05

it's daytime, even when it's really time for bed!

3:08

So now you know why it's so important to get a good night's sleep.

3:11

I think I'm going to take a nap!

3:14

Thanks for joining us on SciShow Kids!

3:16

If you want to keep learning and having fun with me and Squeaks, hit the red subscribe

3:20

button.

3:21

We'll see you next time here at the fort!