

Now I Know™
Go to Sleep



by **MELVIN AND GILDA BERGER**



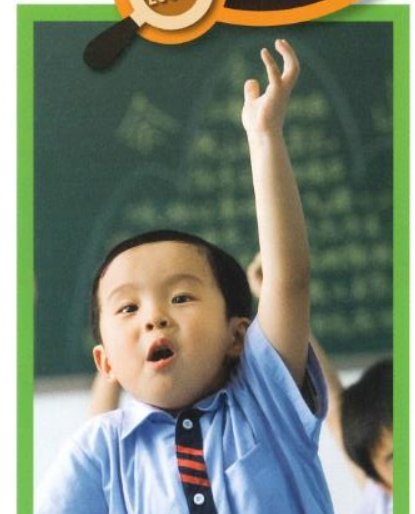
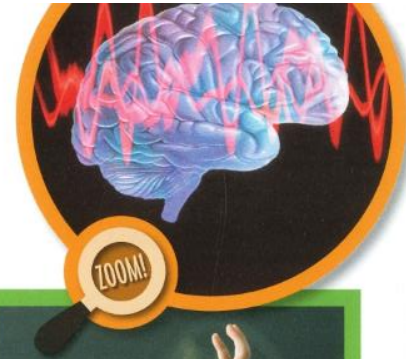
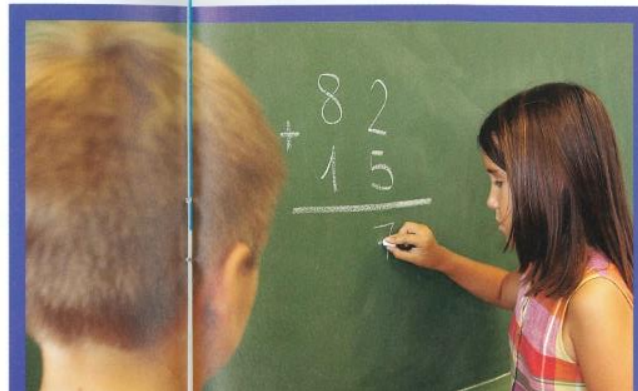
Everyone needs sleep.

DID YOU KNOW?

The brain gives off little waves of electricity all day long.



Your brain works all day.



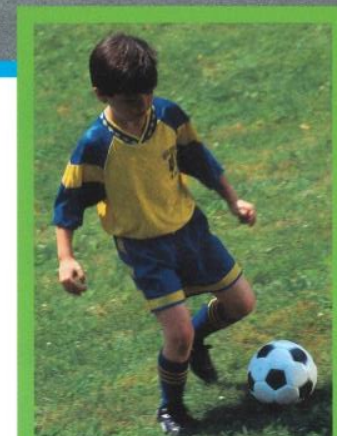
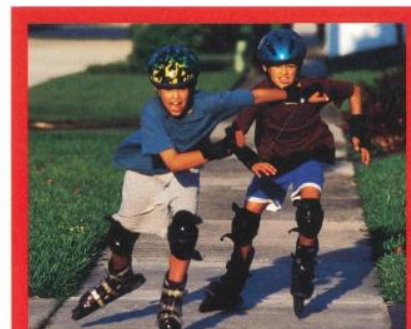


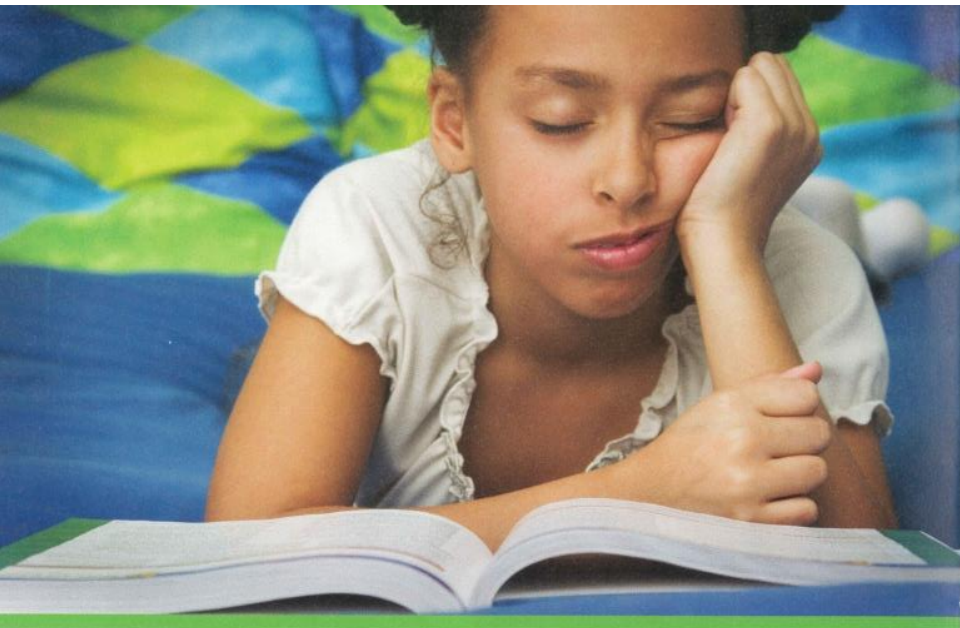
**DID YOU
KNOW?**

The heart is
a muscle.

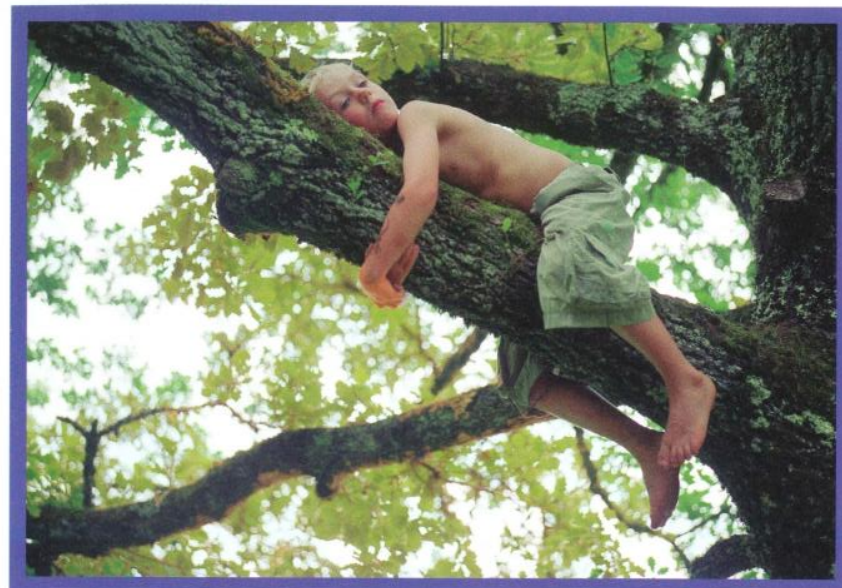


Your muscles
work all day.

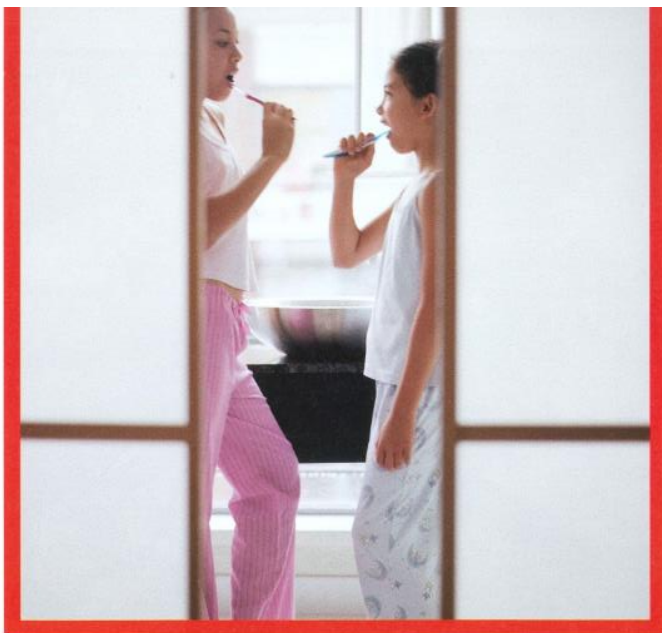




Your brain gets tired.



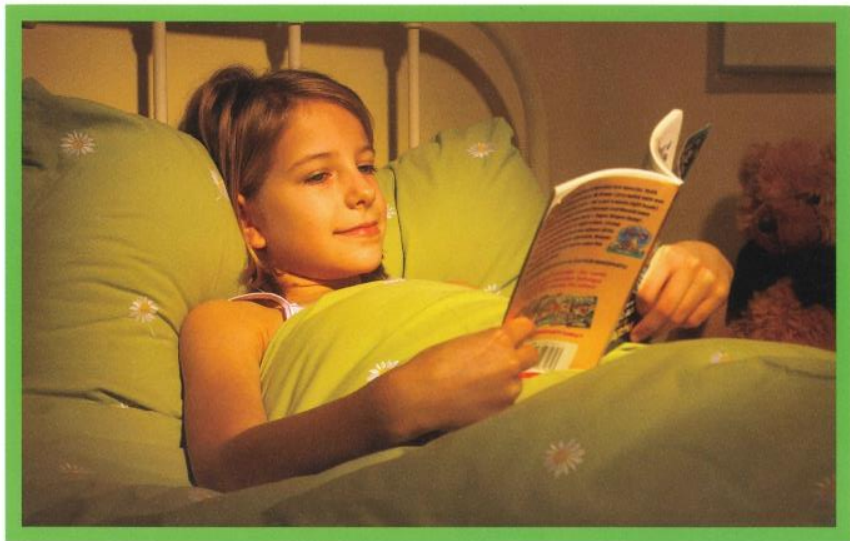
Your muscles get tired, too.



The day is over.



It's time to go to bed.



Do you read before
you go to sleep?



Or do you listen to a story?



Do you listen to music?

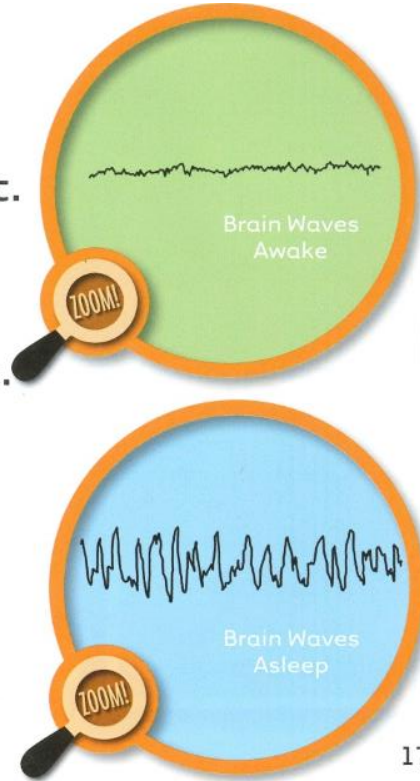


Or do you cuddle with a toy?



While you sleep —

- your muscles rest.
- your heart slows down.
- your body mends.
- you grow.
- you dream.
- and your brain is hard at work.





**DID YOU
KNOW?**

Most children
need about ten
hours of sleep
a night.

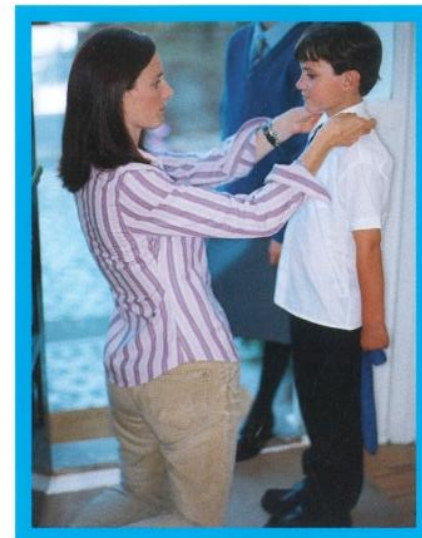
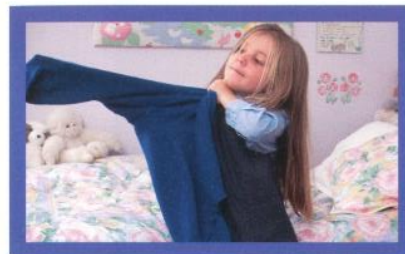
How long do *you* sleep?



How do you wake up?



Sleep ten hours —
and you wake up happy.



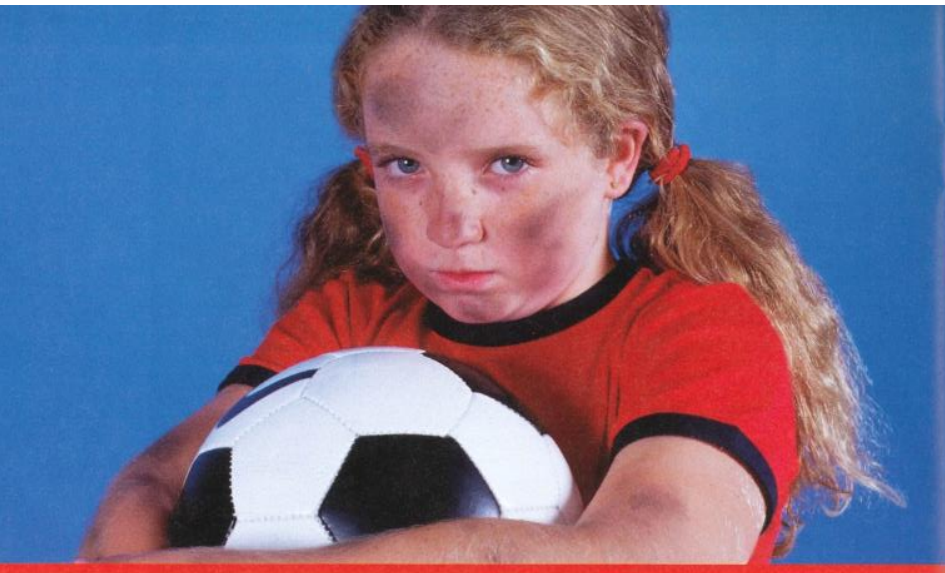
Sleep ten hours — and you're
ready to start the day.



Too little sleep — and you
wake up tired.

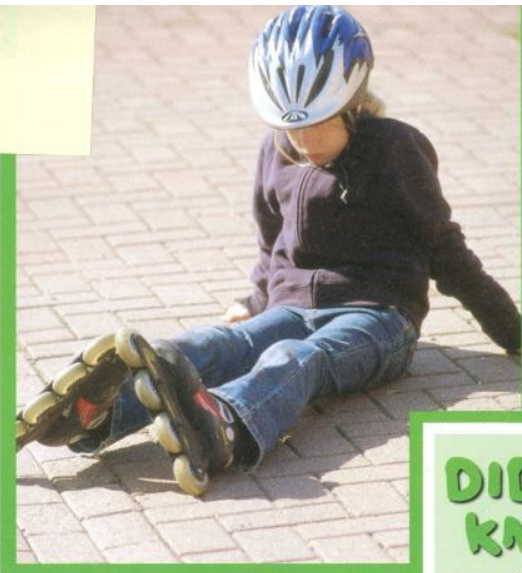


Too little sleep — and you're
sleepy all day.



Too little sleep — and you're grumpy all day.

Scan



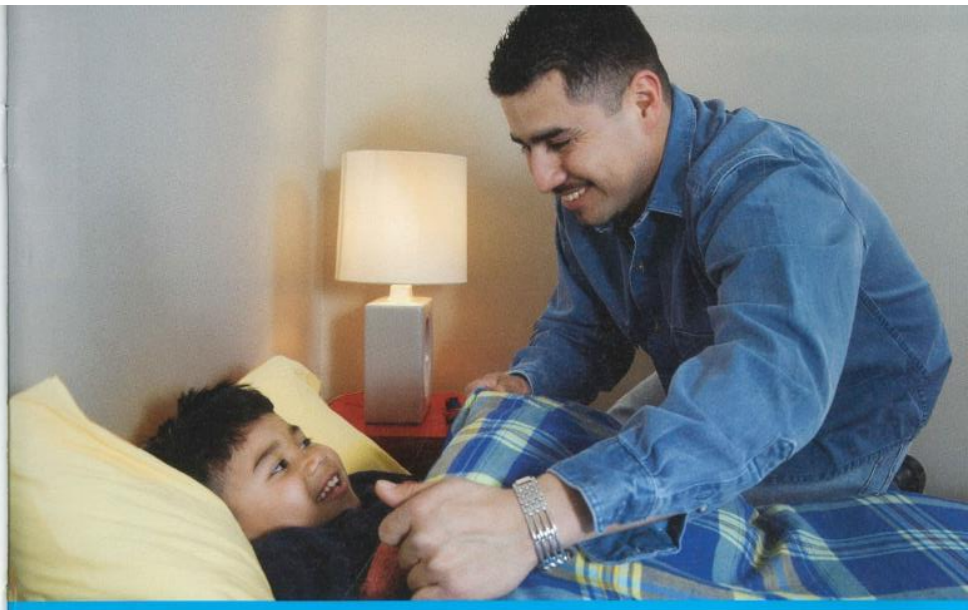
DID YOU KNOW?

Too little sleep makes it hard to think clearly.

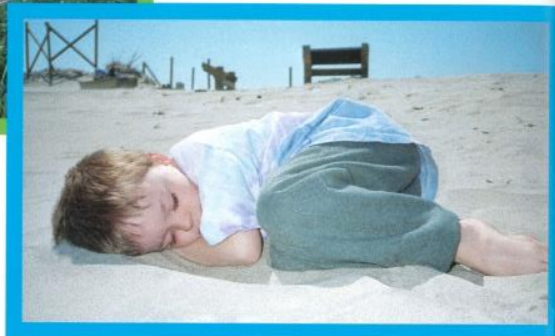
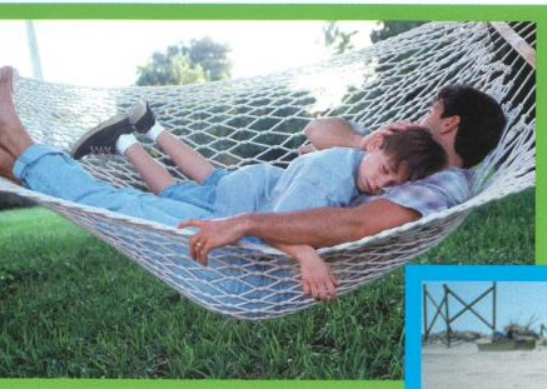
Oops! You may also have more accidents.



Snuggle in!



Everyone needs to sleep.



Some sleep in funny places.



Some sleep in funny positions.



But at night we all sleep in beds.



ZZZZZ!
Sweet dreams!

GLOSSARY

Brain: The organ inside your head that controls the body and helps you think and have feelings.

Brain waves: Little waves of electricity that your brain gives off all the time.

Heart: The organ that pumps blood through your body.

Heart beats: The pumping movements of the heart.

Muscles: The parts of your body that help you move.

