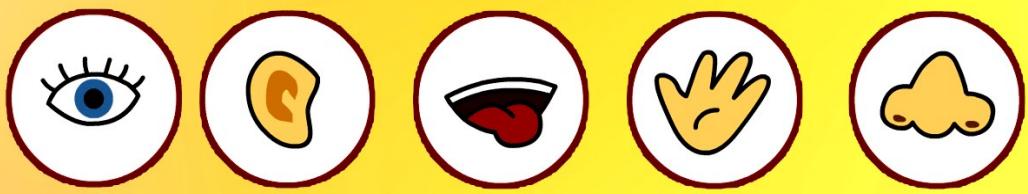


ALL ABOUT SLEEP

WHY DO OUR BODIES NEED SLEEP?

- 1. GROWTH:** YOUR BODY IS STILL GROWING AND NEEDS ENERGY FOR THAT!
- 2. REPAIR:** PHYSICAL DAMAGE TO OUR BODIES IS REPAIRED.
- 3. MEMORY CONSOLIDATION:** THE BRAIN BUILDS NEW PATHWAYS TO HELP US REMEMBER WHAT WE HAVE LEARNED/EXPERIENCED WHILE WE SLEEP.
- 4. REST:** SLEEPING HELPS US FEEL RESTED AND ABLE TO FUNCTION.

Using the 5 Senses to Create Ideal Sleeping Conditions



Sight (level of light)

Hearing (music, white noise, soundscapes)

Smell (aromatherapy scents like lavender, laundry detergent)

Touch (type of sheets, heat in the room)

Taste (light snack, decaffeinated tea)