

# Why Is Sleep Important?

All of us need to sleep. Sleep is important as it helps us in a variety of different ways.

Can you colour in the things that sleep does to help us?

It helps us  
feel good  
during the day.

It helps us to have  
more energy.

It stops us from  
concentrating.

It gives our body  
and brain a rest.

It increases our  
resilience and  
ability to learn from  
our mistakes.

It helps us to  
cope with  
difficult things.

It makes us feel  
more tired.

It makes us angry.

It helps us think  
about what  
we have learnt  
in the day.