



This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit [www.gov.nu.ca/health](http://www.gov.nu.ca/health) and your local Health Centre.

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### Book details

<b>Level:</b>	9
<b>Text Type:</b>	Non-fiction
<b>Subject/themes:</b>	Healthy sleep habits, nutrition, physical activity
<b>Key features:</b>	Added facts in <i>Did You Know?</i> boxes, facts about sleep, glossary

# Why Sleep Is Important



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Illustrated by  
**César Sebastián**

Exercise and eating from the four food groups are important for staying healthy.  
But do you know how important sleep is for your health?



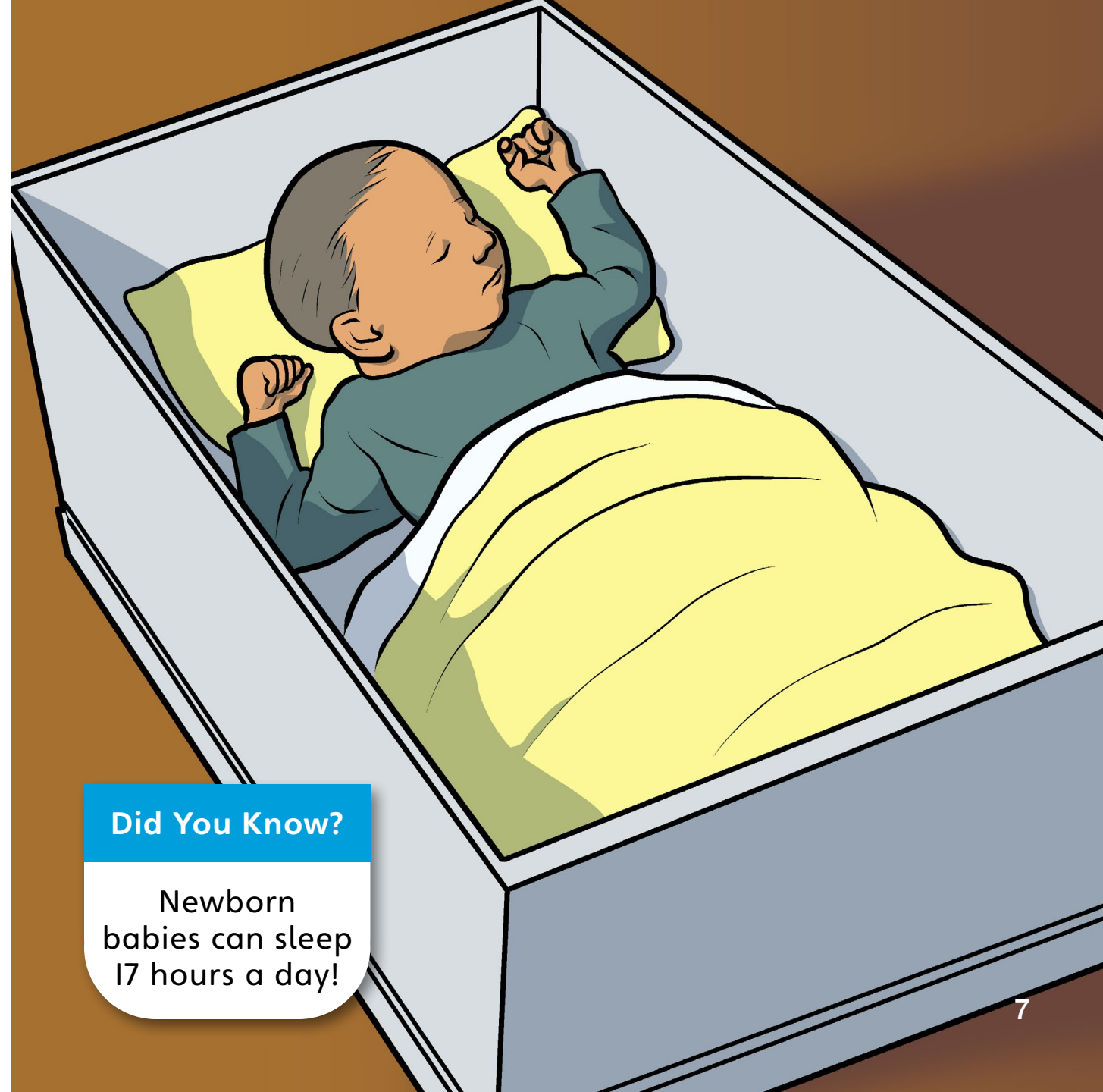


**Did You Know?**

Getting lots of sleep can also help keep you from getting sick.

Sleep is important for your body. Sleep gives your body **energy** for the next day.

Sleep helps you grow.  
When you sleep, a **substance** that helps grow your muscles is released in your body.



**Did You Know?**

Newborn babies can sleep 17 hours a day!



**Did You Know?**

Most people have four to six dreams or more each night.

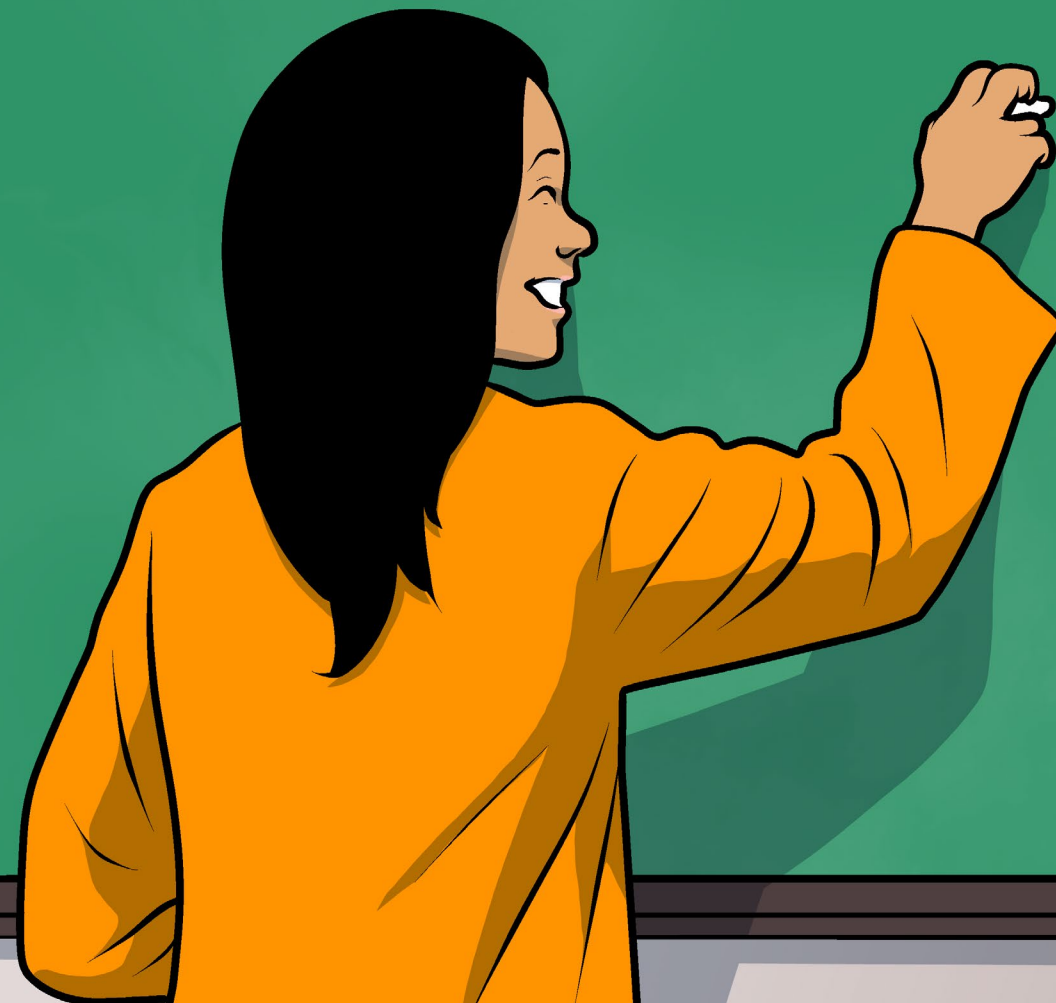
Sleep is important for your mind.  
When you sleep, your brain sorts through all the information you learned during the day.

Sleep helps you learn.  
People who are well rested learn  
skills faster than people who are tired.

Did You Know?

Getting lots of  
sleep also helps  
your memory.

$$5 + 3 = 8$$
$$6 + 7 = 13$$



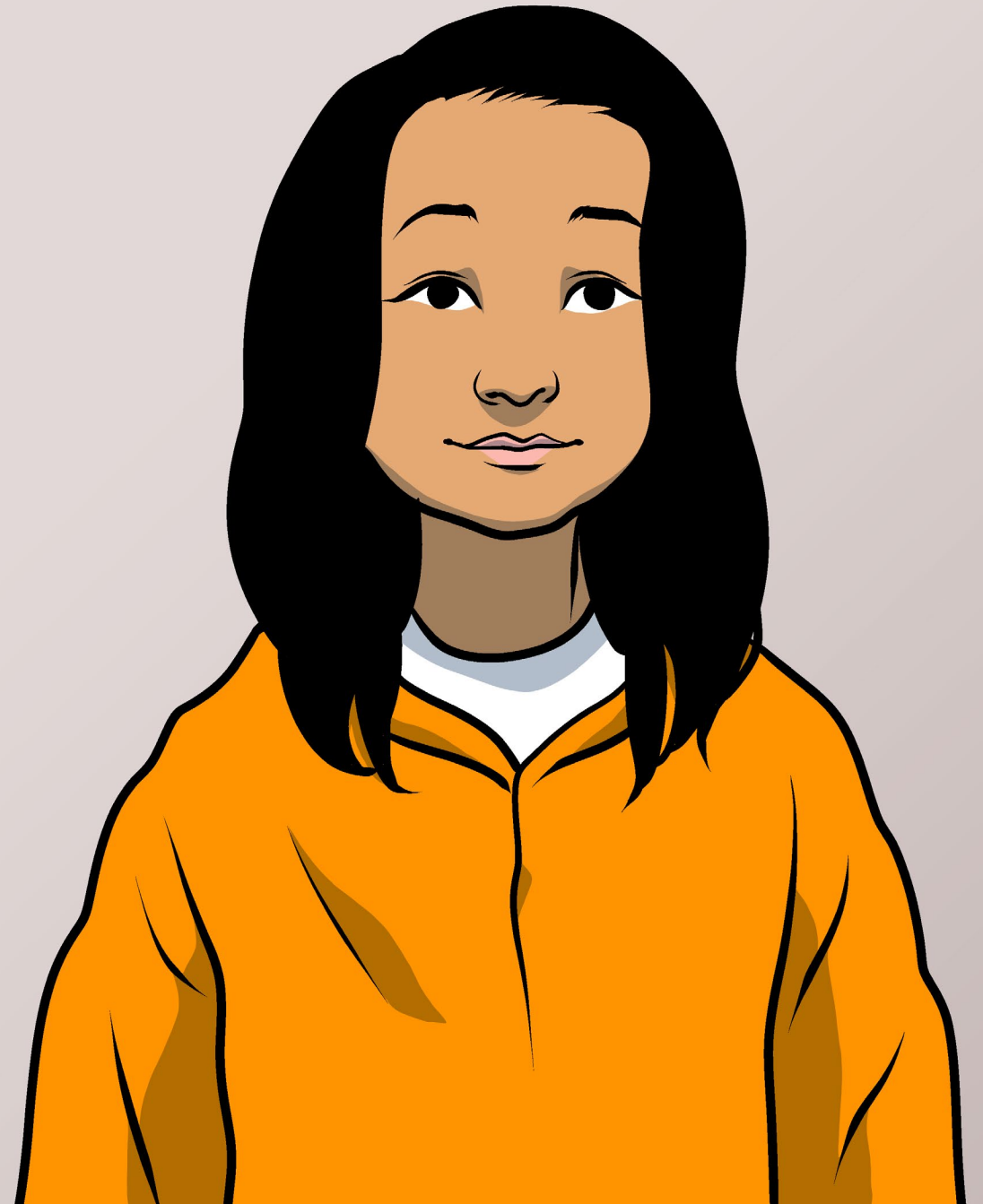


**Did You Know?**

Being tired might make you **crave** unhealthy foods, like chips and candy.

Sleep is important for your feelings.  
People who get lots of sleep feel  
happier and worry less.

Sleep makes your feelings more **stable**.  
That means that your mood is less likely  
to suddenly change from happy  
to sad or mad.





So how do you make sure you get enough good sleep?

At your age, try to sleep about 10 to 11 hours every night.



Go to bed and get up at the same time every day.

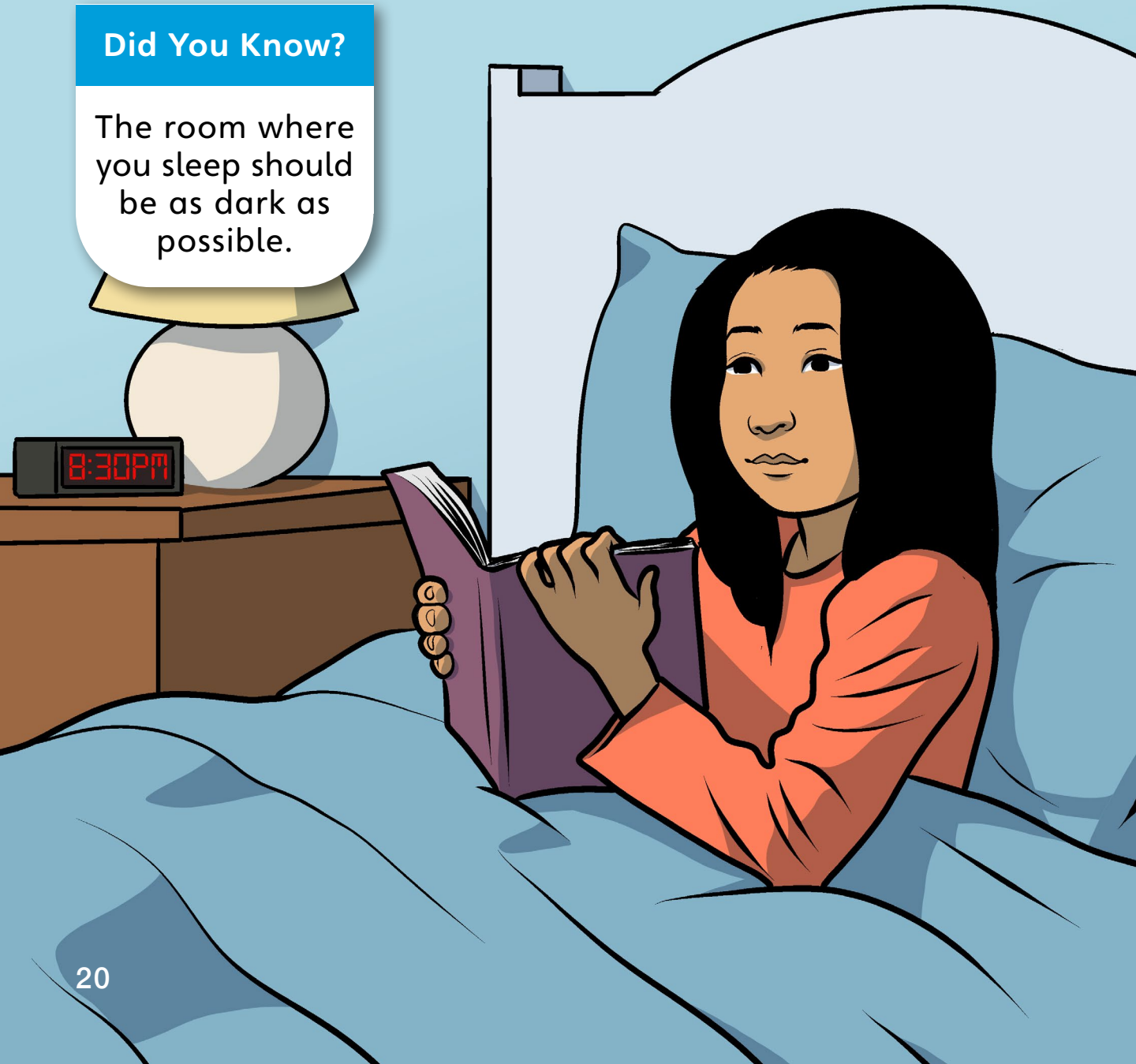


**Did You Know?**

Being active throughout the day can help you fall asleep at night.

### Did You Know?

The room where you sleep should be as dark as possible.



Looking at a computer or TV screen right before bed makes it harder to fall asleep. Try reading a book to relax instead!

Getting plenty of sleep  
each night keeps your body, mind,  
and feelings healthy!



## Glossary

**crave:** to want something really badly.

**energy:** strength and power to do things.

**stable:** steady.

**substance:** a thing that can be seen, touched, or measured.

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