

1. ❓ Why does our body need sleep even after a quiet day?
2. 🙋 Sleep supports our brain and body. It helps us learn, form memories, and grow. Rest is part of caring for ourselves, not a reward we must earn.
3. ⏳ In 1953, Eugene Aserinsky and Nathaniel Kleitman reported repeating periods of rapid eye movement during sleep. Their observations helped show that sleep contains different kinds of activity.
4. 💡 With a trusted adult, agree on a bedtime. Put screens away an hour before bed, prepare what you need for tomorrow, and choose a quiet activity such as reading.
5. 🔍 Being in bed and being asleep are not the same. A calm routine makes room for sleep, but it cannot force us to fall asleep instantly.
6. 🌎 In Healthcare, caring includes everyday habits that support well-being. Families can help by protecting quiet time and making plans that fit their needs.
7. 🎯 Tonight, make a three-step plan with a trusted adult: put screens away, prepare for tomorrow, and read quietly before bed. Try it once and discuss what made the routine easier.

References · NIH: Why sleep matters · American Academy of Pediatrics: Healthy sleep habits · Aserinsky and Kleitman: 1953 sleep research
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