

SLEEP & THE BRAIN

Why do we need to sleep?

Sleep has different, important functions

1. Making memories.
2. Waste products are removed from your brain during sleep by **cerebrospinal fluid** - a clear fluid that surrounds your brain and spinal cord.
3. Sleep helps restore your body, and is the time when your muscles grow and your body's protective system - the immune system - is restored

Fun Fact: You dream most of your dreams between 4 and 7 in the morning.

How many hours of sleep do I need?

Sleep is different for every person, but on average this is how long people need to sleep:



Age	How many hours of sleep you should get
4-12 Months	12-16 hours, including naps
1-2 Years	11-14 hours, including naps
3-5 Years	10-13 hours, including naps
6-12 Years	9-12 hours
13-18 Years	8-10 hours
Adult	7+ hours





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