



The Mini Page

Betty Debnam, Founding Editor and Editor at Large

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A Healthy Return to School

Go to Sleep!

If you haven't already, you'll probably be heading back to school soon. Most kids have to make a big adjustment in their schedules when classes begin in the fall. They may have been sleeping in later or staying up later all summer.

This week, as The Mini Page goes back to school, we're exploring why sleep is so important.

What is sleep?

Sleep is a **state**, or condition, that mammals and other animals are in on a regular basis. Think of it this way:



When we are awake, our brains are very aware of what is happening around us. You might smell dinner cooking, hear your mom talking, see the dog come inside or feel a rough spot on the sidewalk with your foot, and you probably notice each of these **stimuli** (STIM-yoo-lye).*

But when you are asleep, your brain doesn't send you messages about those types of stimuli. Even if you are uncomfortable in your bed, your brain may signal you to turn over without waking you up.

* **Stimuli are events that excite our senses. The singular form is stimulus.**

"But Mom, why do I have to go to bed so early?!"



Healing sleep

Your mom doesn't want you to look like this in class! It isn't just running around and staying up late that make you tired. The stimuli that are bombarding your brain all day make it tired, too. Your brain needs time to **process**, or figure out, everything it has taken in.

While you're asleep, your body is also working hard. Hormones that help you grow are produced during sleep, and your body recovers from wounds, sickness and other damage.

Who's in charge of sleep?

There are three forces that control our sleep.

• **Sleep drive.** Whether you're young or old, your body signals you when it needs rest. You might get cranky or hyperactive.



photo © Sergiy DREAMstime.com

Someone else might find it hard to concentrate. Most of us will get sleepy and find our eyes falling closed.

• **Daylight.** Before we had electric lights, people followed the sun's cycle. They slept during the dark hours and were awake when it was light.



• **Internal clock.** Human beings

have a type of clock in our brains that is aligned with daylight. Scientists call this **circadian** (sir-CAY-dee-an) **rhythm**.



This internal clock works even when there isn't any daylight — for instance, when people live underground with no exposure to day and night.

Daylight, our circadian rhythm and our bodies' pressure to rest all work together to control our wakeful and restful periods.

Counting Zzz's

We know sleep is important for growing and being alert in school. But how can kids get the sleep they need?

"We do best when we live with a routine," said a sleep expert. The Mini Page shares some ideas for a good sleep routine here. How many of these do you practice?

Color in the Zzzz's for the ideas you use at home. Leave the balloons black and white for the ones you need to work on.

Talk with your family about good sleep routines and how all of you can get a better night's sleep using some of these suggestions.

Almost everyone has trouble falling asleep now and then. But if you can't fall asleep over many nights, talk to a parent or another adult about it.

Or give this old trick a try: With your eyes closed, count backward from 100. We bet you'll be counting Zzzz's in no time!



- Set definite and consistent bedtimes. Go to sleep about the same time every night, and get up at about the same time in the morning — even on weekends.



- Watch out for foods and drinks with caffeine, such as tea, sodas and chocolate. Caffeine is a stimulant, which means it helps us stay awake.



- Sleep in a dark room. Daylight is a signal to our brains that it's time to get up.



- Be quiet and calm before bedtime. Take a warm bath or read a book by yourself or with a parent.



- Don't exercise too close to bedtime. But exercising earlier in the day will help you sleep.



- Train your brain to link your bed only with sleeping. Don't use your bed for studying, watching TV or playing games.

Ready Resources



The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

On the Web:

- kidshealth.org/kid/stay_healthy/body/not_tired.html
- sleepforkids.org/html/cycles.html
- bit.ly/1qOwXNF

At the library:

- "Zzz ..." by Trudee Romanek
- "Sleep Is for Everyone" by Paul Showers
- "Dr. Seuss's Sleep Book" by Dr. Seuss



Try
'n'
Find

Sleep

W	I	H	C	M	S	I	L	O	B	A	T	E	M	J
N	L	E	O	I	A	C	L	O	O	H	C	S	H	E
P	U	A	Q	U	R	E	H	N	P	D	E	B	T	E
R	M	L	G	V	R	C	R	E	R	E	Z	B	Y	V
O	I	T	M	E	R	S	A	D	D	E	E	K	H	I
C	T	H	G	I	L	Y	A	D	M	U	T	L	R	R
E	S	R	O	U	T	I	N	E	I	X	L	T	S	D
S	C	F	S	E	G	A	T	S	T	A	T	E	A	R
S	A	J	E	T	A	D	I	L	O	S	N	O	C	P

Words that remind us of sleep are hidden in the block above. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find: BED, CIRCADIAN, CONSOLIDATE, DAYLIGHT, DREAM, DRIVE, HEALTH, HOURS, METABOLISM, PATTERN, PROCESS, REM, RHYTHM, ROUTINE, SCHEDULE, SCHOOL, SLEEP, STAGES, STATE, STIMULI.



Mini Spy

Mini Spy has just read a bedtime story to her little brother. See if you can find: ice cream cone ruler

- | | | | |
|-----------------------------------|-------------------------------------|---|---------------------------------|
| <input type="checkbox"/> ladder | <input type="checkbox"/> fish | <input type="checkbox"/> letter A | <input type="checkbox"/> lips |
| <input type="checkbox"/> letter I | <input type="checkbox"/> letter E | <input type="checkbox"/> number 8 | <input type="checkbox"/> pencil |
| <input type="checkbox"/> sailboat | <input type="checkbox"/> toothbrush | <input type="checkbox"/> pea pod | <input type="checkbox"/> bell |
| <input type="checkbox"/> carrot | <input type="checkbox"/> number 7 | <input type="checkbox"/> exclamation mark | |



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Rookie Cookie's Recipe Energy Snack Mix

You'll need:

- 1 cup dates, chopped
- 1 cup dried apricots, chopped
- 1 cup dark chocolate yogurt raisins
- 1 cup sunflower seeds
- 1 cup walnuts, chopped

What to do:

1. Mix all ingredients in a large bowl.
2. Transfer to plastic bag or bowl for storage.

Makes 5 cups.

You will need an adult's help with this recipe.

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Meet Darryl Tookes and Joe Beck



Darryl Tookes Joe Beck

Jazz guitarist and composer Joe Beck and singer, composer and pianist Darryl Tookes have a new CD, "Precious Child – Love Songs & Lullabies."

Joe and Darryl began working on the album in 1995 when they both became fathers. The album was put on hold after Joe became ill with cancer. After he died, Darryl finished the CD in honor of his friend and their families.

When Darryl was a child, he joined his family in fighting for civil rights. He helps environmental causes and charities for children. He studied physics in college and teaches college-level music.

Joe played in a jazz group when he was a teenager and later composed music for movies and TV. He also worked on dairy farms. Joe raised money for college music scholarships and to supply water to Darfur, Sudan. He supported many local charities.

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Gus Goodsport's Supersport



Height: 5-9
Birthdate: 5-4-1989
Hometown: Hollywood, Northern Ireland, United Kingdom

Rory McIlroy

Men's professional golf has four tournaments that are considered the sport's major championships (known as the "majors"): the Masters, the U.S. Open, the British Open and the PGA Championship. Together, these four tournaments are known as golf's "grand slam."

On Sunday, July 20, golfer Rory McIlroy hoisted the Claret Jug trophy after shooting 17-under-par to win the British Open in Holyoke, England. Rory (ROAR-ee) pulled away from the competition during Saturday's third round. On the back nine, he scored two eagles (two shots under par) that helped him take a comfortable six-shot lead into Sunday's final round.

His victory in this year's British Open was Rory's third major title. He won the U.S. Open in 2011 and the PGA in 2012. At 25, Rory has become the third-youngest player ever to win three of the four majors. Only golfing legends Jack Nicklaus and Tiger Woods were younger. Now, only the Masters — and its green jacket — eludes him.

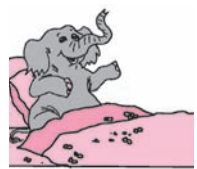
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Mighty Funny's Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

Sarah: How can you tell if an elephant has been sleeping in your bed?

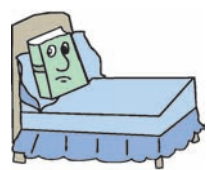


Stan: See if there are any peanut shells lying around!



Sidney: What does an apatosaurus do when it sleeps?

Stephen: Dino-snores!



Sally: Why couldn't the book sleep?

Sol: Because it lost its covers!

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Sleeping and Dreaming

Kinds of sleep

Did you know that during the night, you experience different types of sleep?

In the 1950s, scientists discovered that during some of our time asleep, our eyes dart back and forth very quickly. They named this stage **REM** (Rapid Eye Movement) **sleep**.

Later, researchers identified four different stages: REM and three stages of non-REM sleep.

All through the night

At the beginning of the night, when you've just fallen asleep, you are in stage 1 of non-REM sleep. Soon you slip deeper into stage 2, then on to stage 3.

Stage 3 of non-REM sleep is the most restful part of the night. During this stage, your heart rate, blood pressure, **metabolism*** (meh-TAB-oh-lizm) and temperature drop a little.

Also during non-REM sleep, your body is producing chemicals to help you grow. It's rebuilding muscles and cleaning up cells. You can think of non-REM sleep as sort of like the time custodians spend in your school at night, cleaning up and getting ready for the next day.

* **Metabolism includes all the processes that our bodies need to stay alive, including breaking down foods and other chemicals.**

Is this issue of The Mini Page making you sleepy? Look through your newspaper for items that will help you set a good sleep routine.

I'm dreaming of ...

Draw a picture above of a dream you remember. Compare it with a friend's picture.

REM sleep

After about 20 minutes in stage 3 of non-REM sleep, you pass back through the earlier stages and then enter REM sleep. This pattern will continue while you're asleep, but as the night goes on, you'll spend more time in REM sleep and less in deep sleep.

During this stage, your heartbeat and breathing may be slightly irregular.

This is the stage where we dream. If you wake up remembering a dream, you were probably in REM sleep just before waking.

Our brains keep us from acting out our dreams by sort of paralyzing our bodies. We can't move unless we're awakened by something.

While we're in REM sleep, our brains are working out problems and **consolidating**, or making permanent, memories.

How much sleep do I need?

Do you have younger brothers or sisters? Do you remember how much they slept as babies?

• **Babies up to about 6 months old need to sleep 14 to 16 hours a day! About half of their sleep is REM. Scientists believe that this is because their brains are developing so quickly.**



photo © Lucian Coman | Dreamstime.com

• **By 3 years old, most toddlers are sleeping between 12 and 13 hours a night. Sleep patterns at this age are much more like older children's and adults'.**



photo © Stangot | Dreamstime.com

• **In elementary school, most children need between nine and 11 hours of sleep every night. Experts say the most common sleep disorder they see in kids is not getting enough sleep.**

The Mini Page thanks Dr. Gayln Perry, medical director of the Children's Mercy Hospitals and Clinics Sleep Laboratory in Kansas City, Missouri, for help with this issue.

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