

Amazing facts about sleep

Did you know that ...



Most people spend of their lives sleeping. Sleep is important for us.



You can't miss a night's sleep and then sleep for hours. It doesn't work like that. Try to sleep for 8 hours every night.



About of people dream in black and white. Before we had colour TV, about of us dreamt in black and white!



It's very healthy to take a nap. of people in the US take a nap for minutes every day.



The world record for not sleeping is for 11 days and 25 minutes. This is dangerous for us. We need sleep to stay healthy.



Giraffes only need 1.9 hours of sleep in hours. It's dangerous for them to sleep for long. They might become a snack for hungry lions.



Many of us talk in our sleep. talk in our sleep at least once in our lives.



Cats are lazy. They sleep of their lives. What about koalas? They sleep for hours a day! But, they aren't lazy. It's because they don't get a lot of energy from their food.