

One afternoon in the park, Hare sees Tortoise.
Tortoise is exercising.
"Why are you doing that?" says Hare.
"I don't like to exercise. It makes me tired."

"Exercise makes my muscles and bones strong,"
says Tortoise. "I get plenty of exercise! And I don't
eat junk food."
"I like junk food!" Hare says. "I eat lots of it."

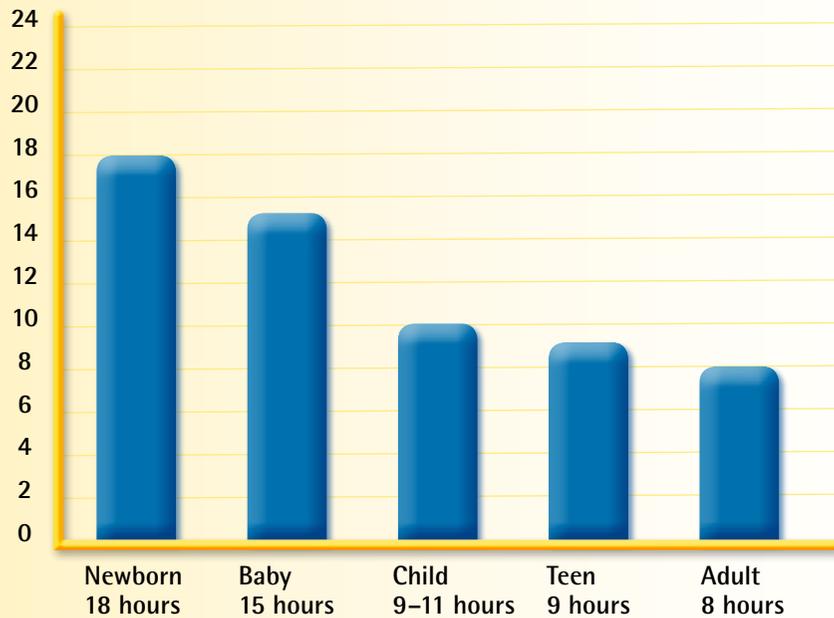


Facts About Sleep

All living things need sleep to stay healthy. But not all living things need the same amount of sleep.

Experts say that humans of different ages need different amounts of sleep.

Average Sleep Humans Need at Different Ages



Newborn: 18 hours



Child: 9-11 hours



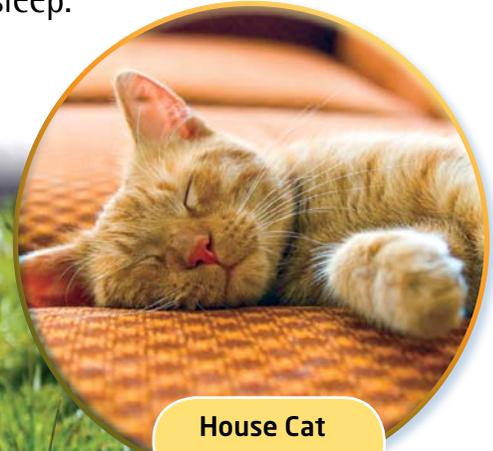
Adult: 8 hours

Different animals need different amounts of sleep, too.

For example, giraffes can go weeks without sleeping. They get no more than two hours of sleep a day. Brown bats get the most sleep. They sleep almost all day!



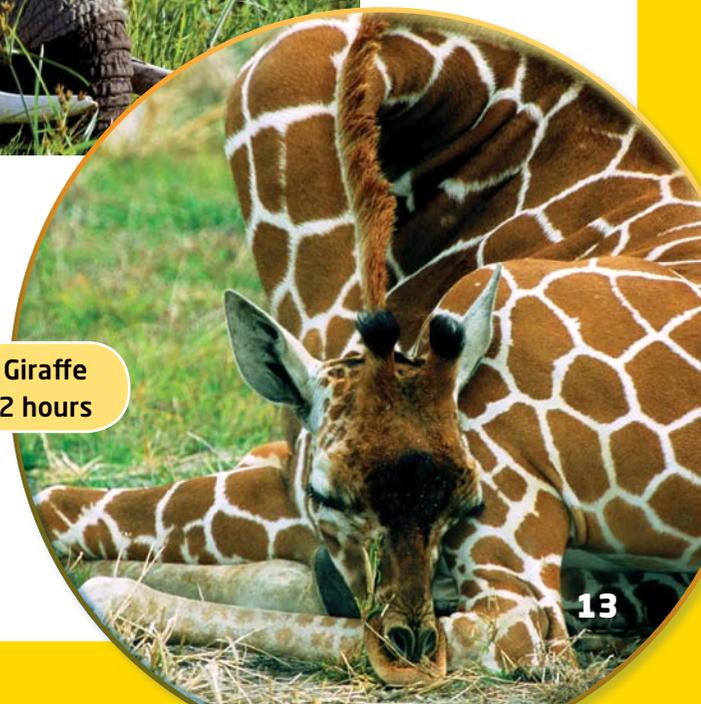
Brown Bat
20 hours



House Cat
12 hours



African Elephant
3 hours



Giraffe
2 hours