

Sleep Is for Everyone (Let's-Read-and-Find-Out Science 1)

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Why do you get sleepy?

When you feel tired, your body is telling you that it needs a rest. Everyone needs sleep. Babies need lots of sleep. Grown-ups need less. But no one can go without sleep for long. A team of scientists stayed awake for as long as they could to see what could happen. Read and find out some wide-eyed facts about the science of shut-eye.

Paul Showers wrote twenty books for the Let's-Read-and-Find-Out Science series, including favorites such as *What Happens to a Hamburger?* and *Where Does the Garbage Go?* Mr. Showers worked on the *Detroit Free Press*, the *New York Herald Tribune*, and for thirty years, the *Sunday New York Times*. *PreSchool-Grade 2*. A basic look at a necessary activity. Showers describes the sleeping positions of several animals and asks readers to think about their own positions (standing up or lying down) while they sleep. The different amounts of sleep required by humans of various ages are indicated from infant through adult. Comparisons are made between the arms and legs, which can be rested during the day, and the brain, which requires sleep in order to relax. The book briefly shows how sleep deprivation affected a group of scientists, and points out similar responses such as lack of concentration in overtired children or parents. The final pages describe what it's like to fall asleep. The bright cut-paper cartoons feature people of all ethnic backgrounds, ages, and genders, set against both daylight and nighttime scenes. This is a thoughtful place to begin learning about bodily processes or perhaps for parents needing help dealing with bedtime and its importance. Marsha McGrath, Clearwater Public Library, FL
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Ⓜ Ⓜ Ⓜ Ⓜ Ⓜ . He seems for a long while to hide Himself and let things all go to ruin In due time He will appear and restore all . Let us ... Howbeit Jesus spake of his death : but they thought that he had spoken of taking of rest in sleep . "