

A stylized grey line-art city skyline is visible in the background. On the left, a tall building with a pointed top (resembling the Chrysler Building) has a small superhero figure with a blue suit and red cape standing on its rooftop. Other various buildings of different heights and styles complete the skyline.

i-vengers UNITE!

We are the i-vengers from... **Shirland
Primary School.**

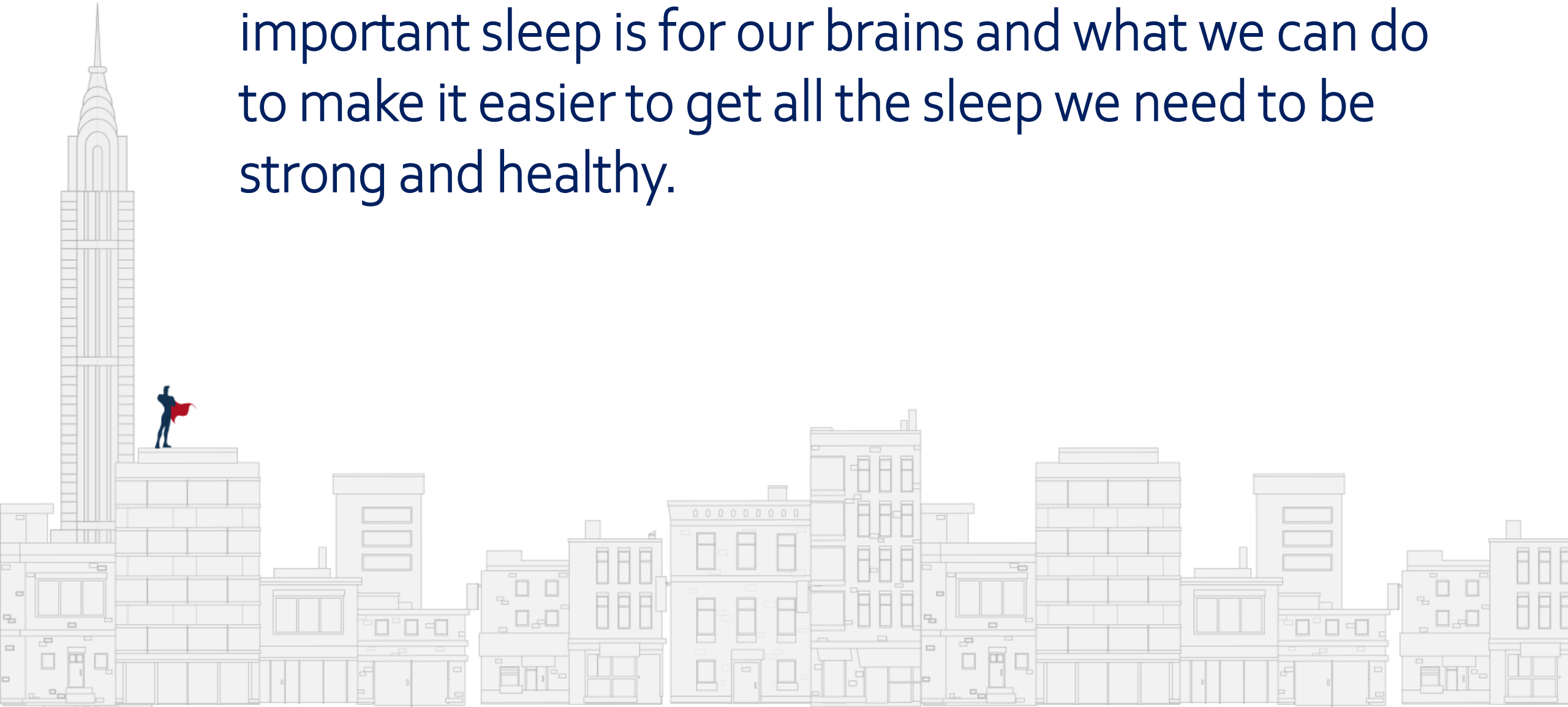
 **i-vengers**

Learn to be a hero.

Who are we?



Our first task is to help you to understand how important sleep is for our brains and what we can do to make it easier to get all the sleep we need to be strong and healthy.



Sleep Facts

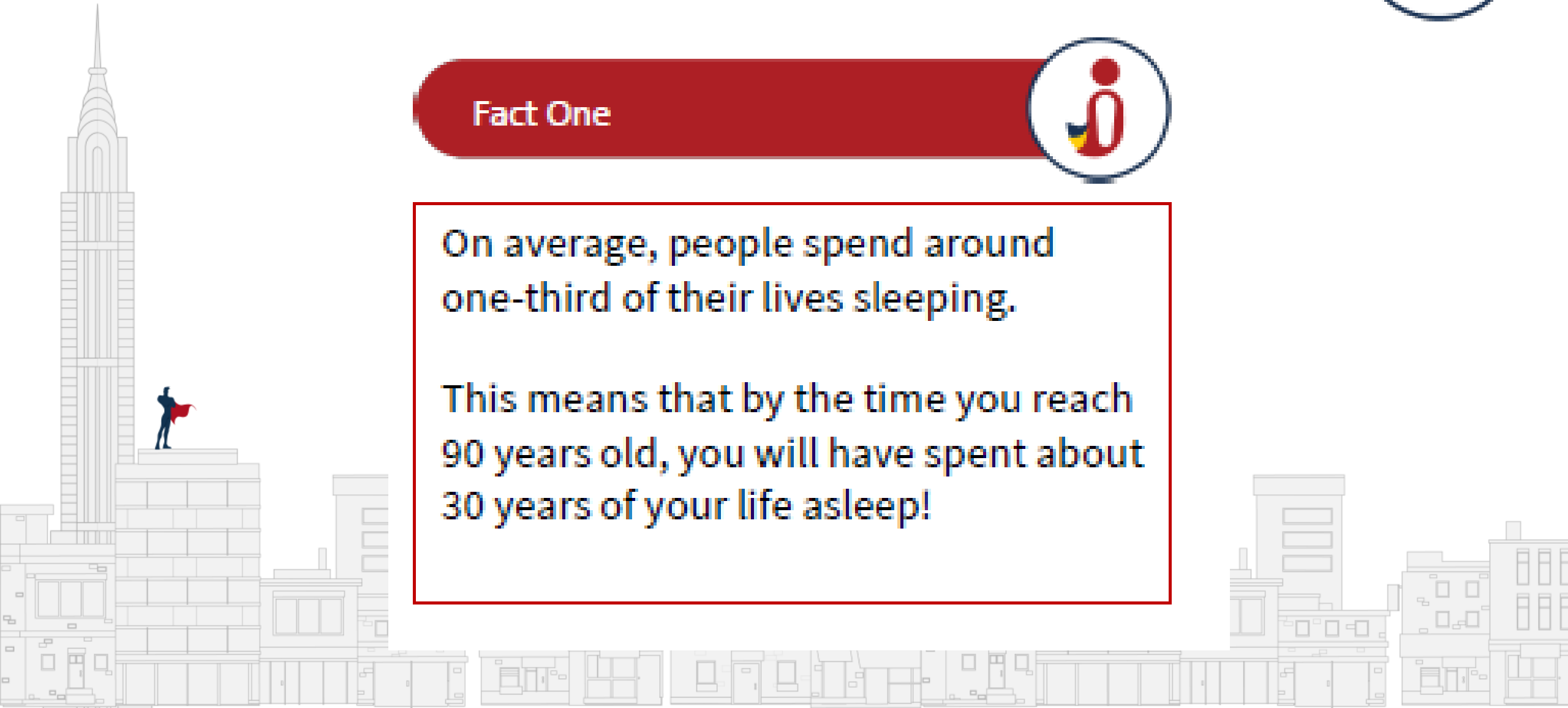


Fact One



On average, people spend around one-third of their lives sleeping.

This means that by the time you reach 90 years old, you will have spent about 30 years of your life asleep!



Fact Two



Sleep is crucial for brain development, especially for kids your age.

During sleep, your brain processes information, forms memories, and helps you learn new things.

Fact Three



You dream every night!

Even if you don't always remember them, you have dreams every night during a stage of sleep called REM (Rapid Eye Movement) sleep.



Fact Four



Your body has a built-in clock that regulates your sleep patterns, known as your circadian rhythm.

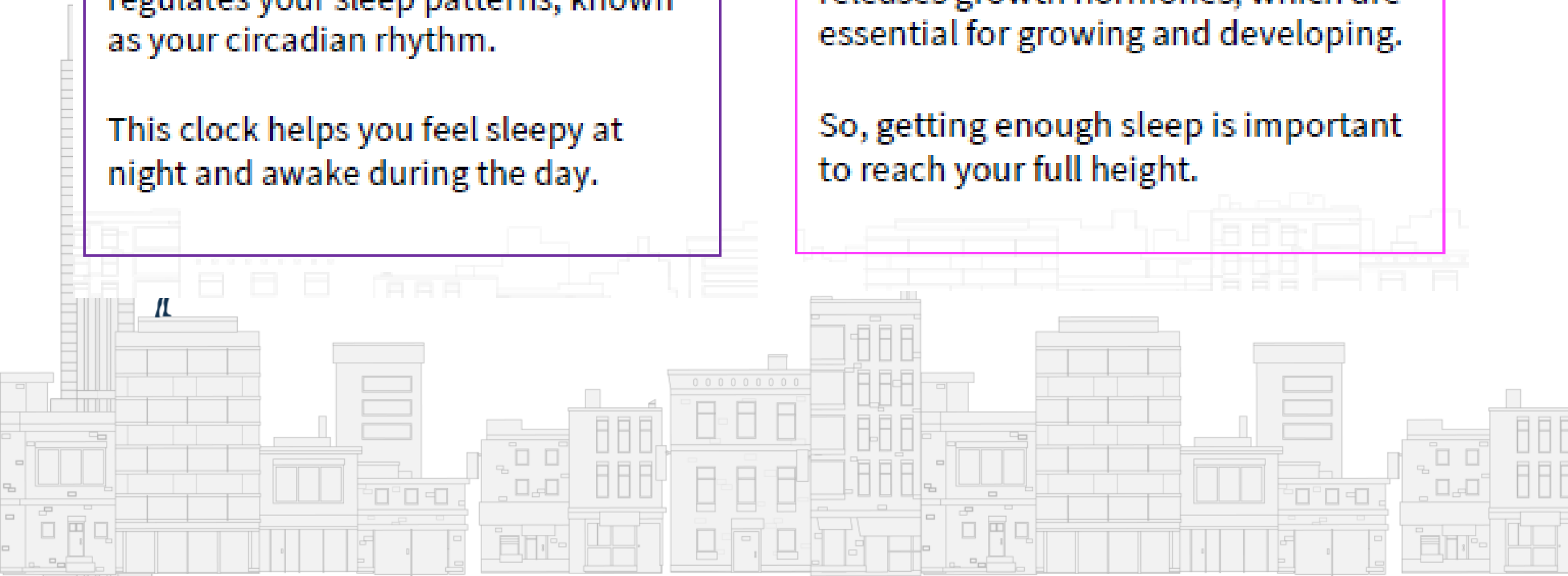
This clock helps you feel sleepy at night and awake during the day.

Fact Five



While you're asleep, your body releases growth hormones, which are essential for growing and developing.

So, getting enough sleep is important to reach your full height.





Fact Six



Some birds sleep with one eye open to watch for predators, and dolphins and whales sleep with one half of their brain at a time.

It's fascinating to learn about the different ways animals adapt to their sleep needs.

The Science of Sleep

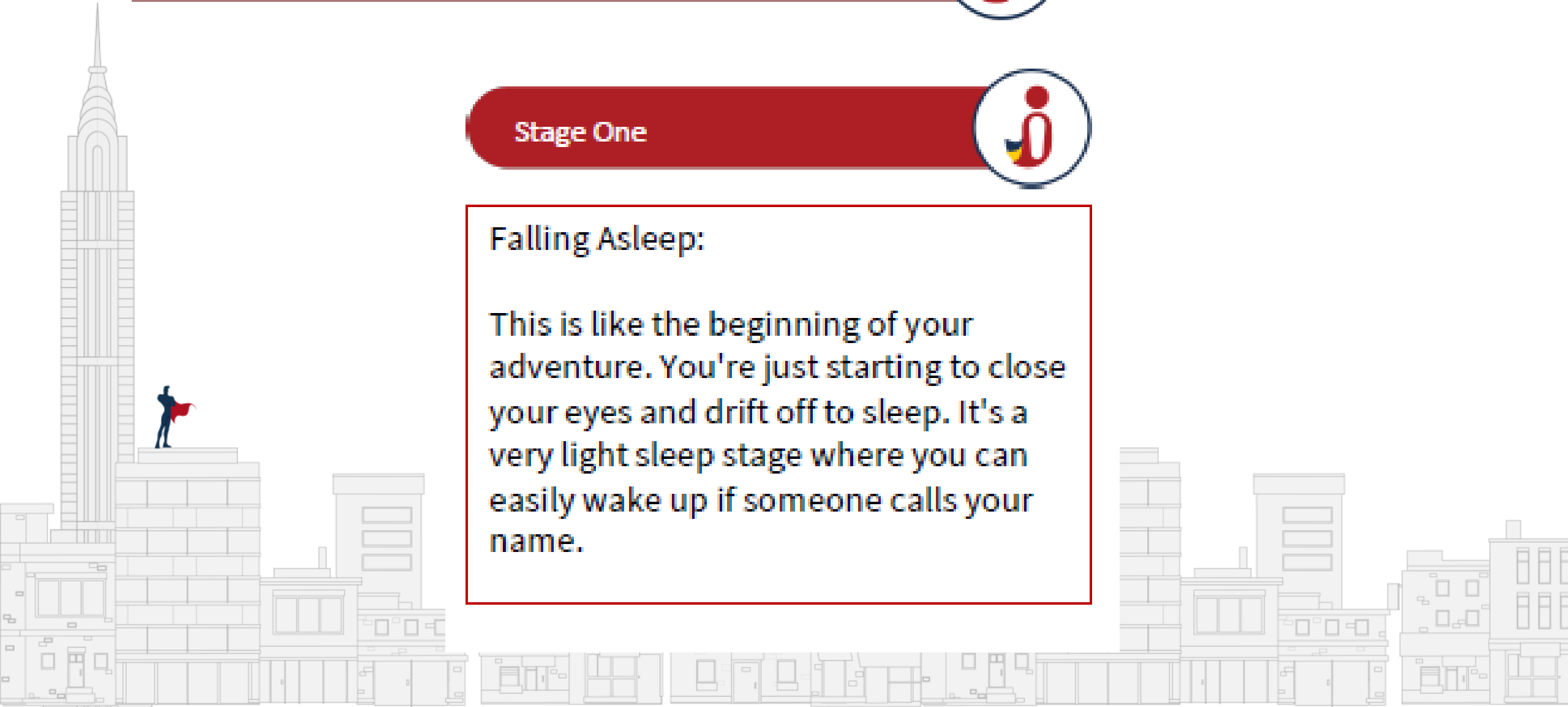


Stage One



Falling Asleep:

This is like the beginning of your adventure. You're just starting to close your eyes and drift off to sleep. It's a very light sleep stage where you can easily wake up if someone calls your name.



Stage Two



Light Sleep:

In this stage, you're getting deeper into your adventure, but you're not quite dreaming yet. Your body starts to relax, your heart rate slows down, and your body temperature drops a little. You're still easily woken up.

Stage Three



Deep Sleep:

This is when you're in the middle of your dream adventure. Your body is doing important things like repairing and growing, and it's harder to wake you up. If someone does wake you during this stage, you might feel a bit groggy.

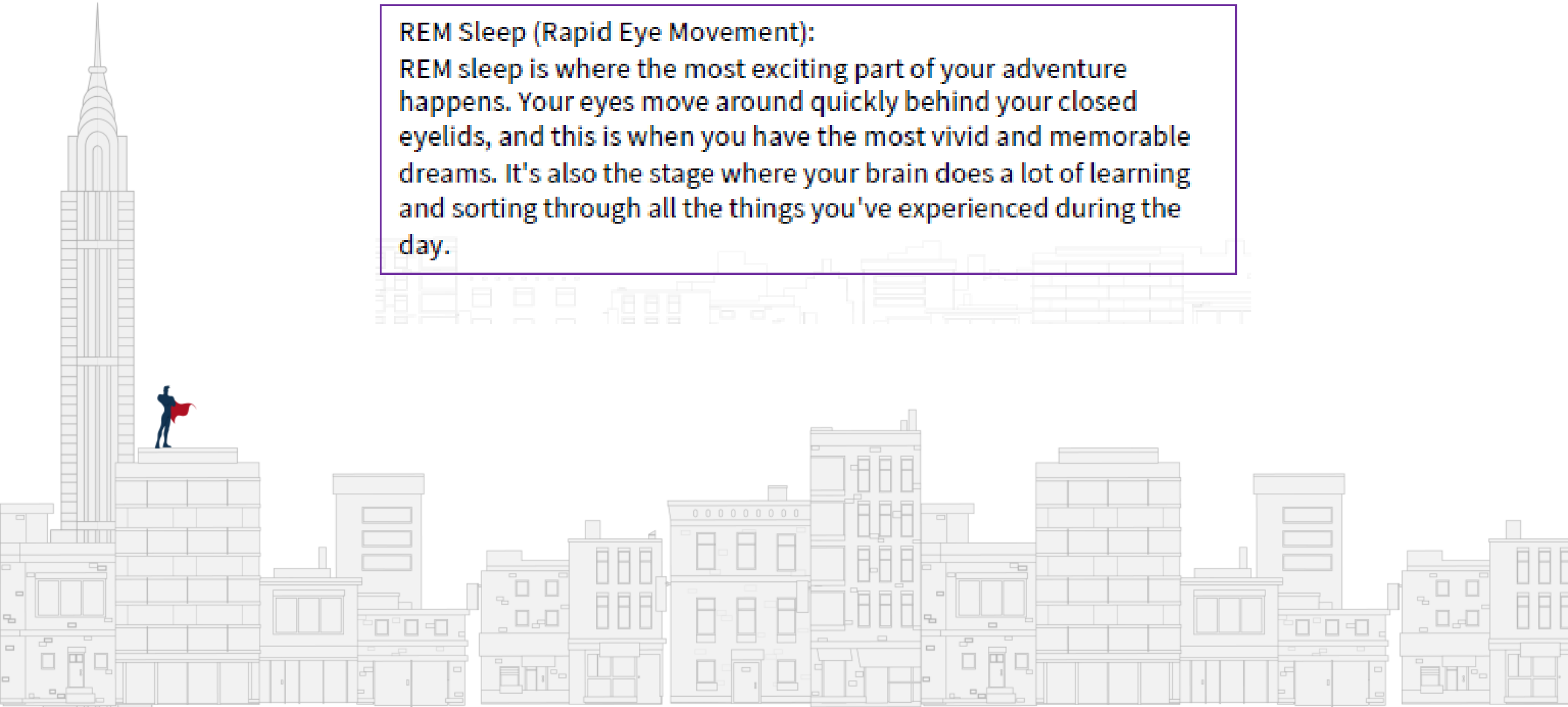


Stage Four



REM Sleep (Rapid Eye Movement):

REM sleep is where the most exciting part of your adventure happens. Your eyes move around quickly behind your closed eyelids, and this is when you have the most vivid and memorable dreams. It's also the stage where your brain does a lot of learning and sorting through all the things you've experienced during the day.

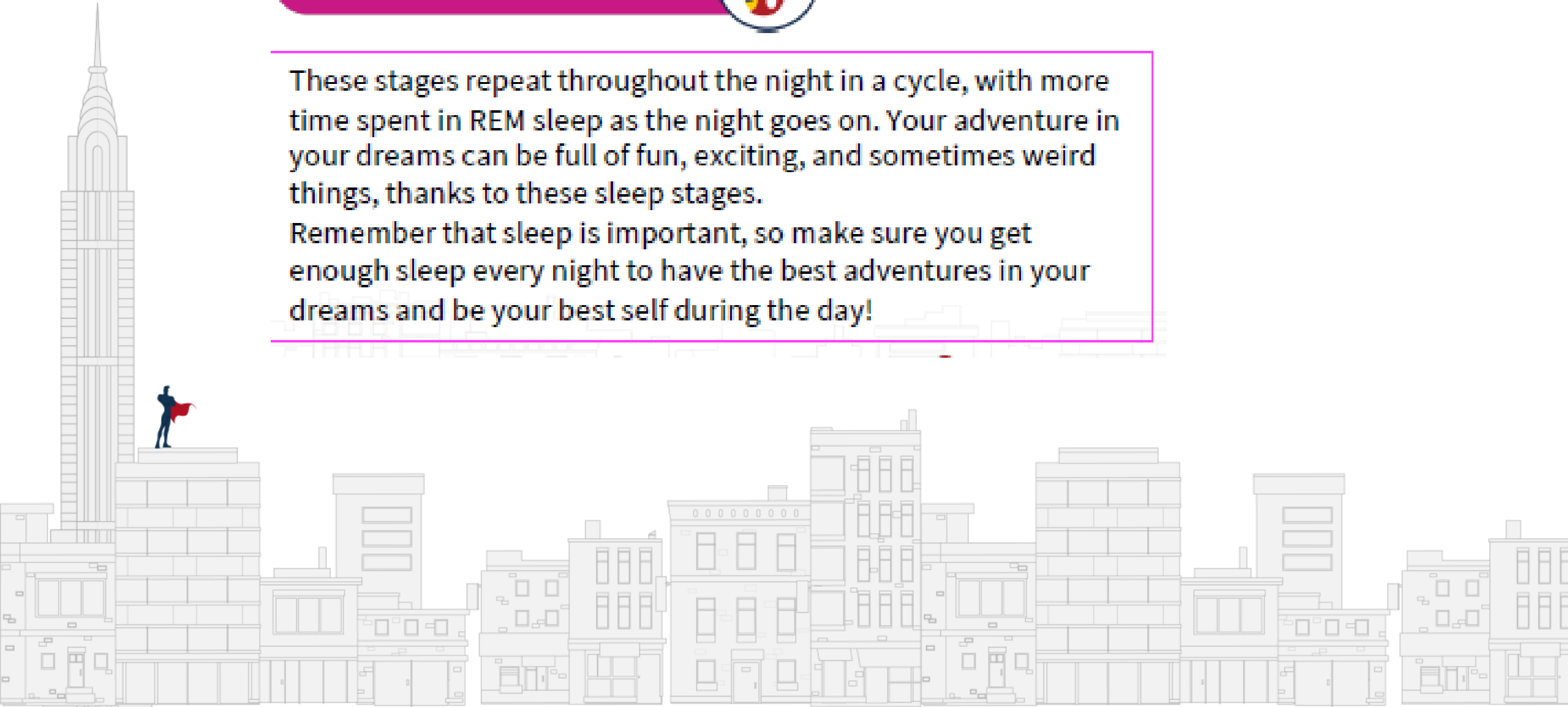


Remember!



These stages repeat throughout the night in a cycle, with more time spent in REM sleep as the night goes on. Your adventure in your dreams can be full of fun, exciting, and sometimes weird things, thanks to these sleep stages.

Remember that sleep is important, so make sure you get enough sleep every night to have the best adventures in your dreams and be your best self during the day!



The online world needs heroes...
Heroes like you!

