

12 - Sleep

If you're like most parents, your kid (or kids) never want to go to bed. But this fun, interactive episode will help them, and you, understand why getting sleep is so important!

Listen to today's episode SLEEP on Apple Podcasts, Google, Spotify, Stitcher, OR at our site Who Smarted?

Today your kid will learn:

Your body is designed to produce melatonin when the sun goes down. Melatonin is what makes you drowsy and helps you get to sleep.

Looking at electronic devices too close to bed disrupts your sleep patterns -- because the artificial light interferes with your body's natural production of melatonin.

Kids and adults, but especially kids, need a lot of sleep to grow, clear out toxins, and keep everything functioning properly. Sleep also helps with your memory -- and we'll play a fun memory game during the episode to explain how & why!

Another fun sleep fact:

Do you dream in color, or black and white? If you're like nearly 90% of people, you dream in color. But around 10% of people dream EXCLUSIVELY in black and white. What is this people, 1923?

Putting this particular episode together reminded us that Sleep doesn't just FEEL good, it really is the time your body and brain processes, recharges, and prepares to face tomorrow's challenges.

More fun stuff to do after the episode:

In the episode, the Family of Flying Unicorns perform an amazing trapeze act. Have your child draw their version of the unicorns on the flying trapeze!

Dreams happen in stage 5, one of the lighter stages of sleep, which is why you can sometimes remember them. Ask the kids to recall a dream they've had and either write it out or describe it to you.

For even more fun - ask your kids to draw an illustration of their dream!¹

¹ This activity guide is for the Who Smarted? podcast www.WhoSmarted.com