



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

*Paul Showers*

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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.

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