

CHILDREN'S TELEVISION WORKSHOP EXPLORES THE WORLD

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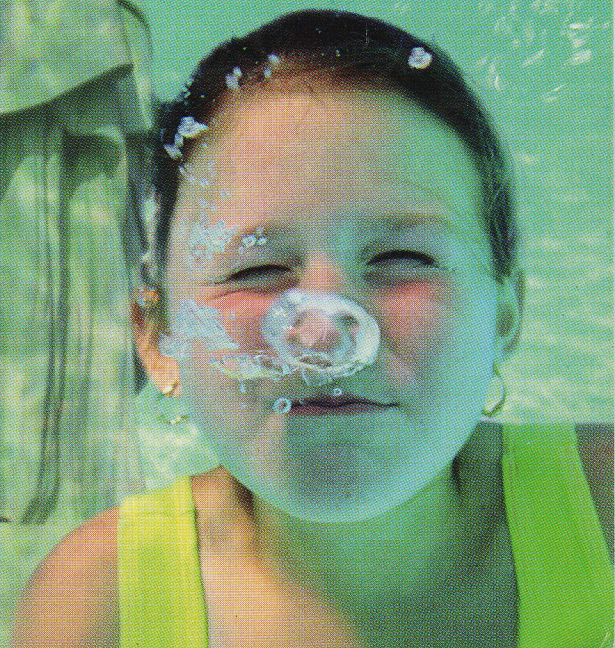
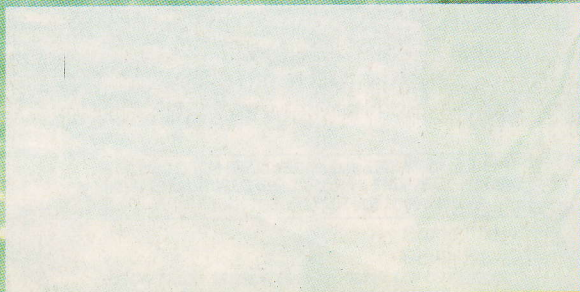
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Glub!

Will Global
Warming Change
the Planet?

The World's
Wackiest
Inventions

Snoozze News:
The Scoop
on Sleep





From A to zzzzzzzzz

The average sleeper moves 30 times in eight hours.

Snoozze

Sleep-Styles of the Tired and Famous

Charles Dickens (who wrote *David Copperfield* and *A Christmas Carol*) would only sleep on a bed that faced directly north.



President Clinton, during the final two days before the 1992 presidential election, visited 14 cities and traveled 5,000 miles without any sleep.



If teens ruled the world, the first thing they'd probably do away with would be morning classes.

Many kids say it's a real struggle to stay awake and learn early in the morning. For years, teachers and parents have blamed this tiredness on TV, the telephone and just plain laziness.

But America's leading sleep experts are beginning to back the kids!

Some sleep researchers now believe that biology may be a big reason why so many teenagers have trouble staying awake in early morning classes. One of these researchers is

**By the time
you're 12 years old,
you've probably slept
a total of about 35,000
hours—that's about
four years!**

**Snoring can
measure 80 decibels,
as loud as the sound of
a jackhammer.**

James B. Maas of Cornell University. Maas said many students in his early classes are so tired, they're like "walking zombies."

So, Maas studied the students as they snoozed in his sleep laboratory. His team of researchers measured their levels of melatonin (say: *mel-a-TONE-in*). That's a hormone in the body that affects the natural cycles of sleepiness. The researchers found that the internal biological clock of many teens makes it difficult for them to go to sleep before 2 a.m. and to wake up before noon. While it seems that it's "natural" for teens to stay up late, it's "unnatural" for them to get up early for school.

For this reason, many sleep researchers recommend that school start later in the day.

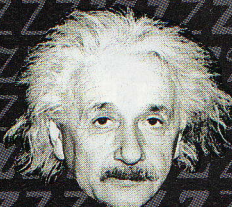


By Jordan Brown

News

**Inventor Thomas Edison
didn't waste his time
dreaming: He only
needed four hours of
sleep a night.**

**Ben Franklin made a habit
of sleeping on two beds
every night. He moved to
the second bed when the
first one became too
warm for him.**



**Most people need about
eight hours of sleep.
But physicist Albert
Einstein often slept 12
hours a night.**

In a recent study at John Hopkins University, researchers found that college students got higher grades when they started their first class at 9:30 instead of 7:30.

No Zzzzz's Equals Disease?

Even though scientific research agrees with kids who want later bedtimes, night owls should beware. Sleepy students have problems. Not only do they have trouble learning, they're also more likely to catch colds.

In one experiment, volunteers were allowed only four hours sleep. Then, sleep researchers tested their blood. They found that most of the volunteers had much lower levels of white blood cells. Your body relies on these cells to find and destroy infections. It was only after the volunteers got a good night's sleep that their level of white blood cells returned to normal.

Now that's something to sleep on! ♦

If you want your zzz's, avoid working out four hours before your bedtime.



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Beasty Bedtimes

Check out the hours each animal sleeps. (Smaller mammals tend to sleep the most.)

