

# SLEEP HELPS US GROW

and stay strong  
by giving us energy!



Sleep helps our brain rest  
and remember what we learned  
during the day.

Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.

