

# Let's Go to the ZZZZoo!

Sleep is how we recharge our energy.  
All animals sleep, but some need more than others. Check out these examples!

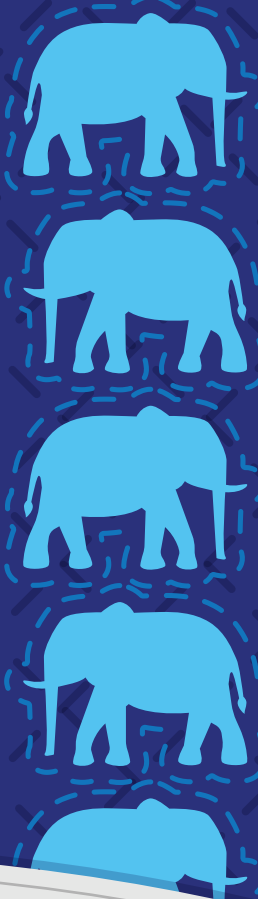
**GIRAFFE**  
1/2 an hour



**OCTOPUS**  
2-3 hours



**ELEPHANT**  
4-6 hours



**HUMAN KID**  
8-10 hours



**CAT**  
12-16 hours



Avoid screen time 1 hour before bed.  
Read, sing or pay attention to your breathing instead!