

ZZZ's (Getting Your Sleep)

There's one really easy way for people to keep themselves healthy. Know what it is?

Boy, that is a great question Daniel.

And the answer is... Getting enough sleep! Sleep helps your brain with learning and memory. It even helps you feel good and be happier.

Right!

Lack of sleep can affect your appetite and cause weight gain. And even hurts your immune systems's ability to fight off germs and diseases. So get your rest, at least eight hours a night.