

# REST To RECHARGE



*A Story about  
the Importance  
of Sleep*

Written by

**JENNIFER LAW**

Illustrated by

**BRIAN MARTIN**

## Rest to Recharge

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**HI!**  
**MY NAME**  
**IS GABE!**

This is my cat, Holly.  
And this is my story  
about how I learned to

**RECHARGE**  
**MY BODY'S**  
**BATTERIES.**





Sleeping takes up a lot of time. I used to think it was a complete waste of time until I discovered all the great things it does.

A few days ago, I was in school and Mrs. Spencer was teaching us something about math, but I had no idea what it was because I kept falling asleep. *I felt so tired, I eventually gave up trying to stay awake.*



The next thing I knew, Mrs. Spencer was loudly saying my name and patting me on the arm. My nice nap was over.

**“Are you feeling okay?”**

“Yep. Just tired, I guess,” I answered with a yawn and a stretch.



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