

**A NOTE TO PARENTS**

Your Health for Kids is going through some changes. The page is becoming more kid-friendly, more fun and more informative. But to gain the full effect, we suggest you read the page with your child and perhaps complete activities together, such as a sleep journal or dream journal, in which your child writes or draws about how he or she slept or what he or she dreamt for several days; then, discuss the results. We also suggest you research sleep with your child on the Internet (Sleep Channel at [www.sleepchannel.com](http://www.sleepchannel.com); the National Sleep Foundation at [www.sleepfoundation.org](http://www.sleepfoundation.org), or Neuroscience for Kids-Sleep at [faculty.washington.edu/chudler/sleep.html](http://faculty.washington.edu/chudler/sleep.html)) or borrow a dream dictionary from the library to interpret dreams – or read “dream” classics together such as Lewis Carroll’s “Alice’s Adventures in Wonderland” and Maurice Sendak’s “Where the Wild Things Are.” We hope you enjoy Your Health for Kids and reading and learning with your child. As the Irish proverb goes, “The beginning of health is in sleep.”

Stacy Kess, health editor/Jim Dombrowski, design editor

**Kid's HEALTH FACT**

**Do you snore?**

Three to 12 percent of kids snore – that means between 3 and 12 kids out of 100 aren't sleeping quietly. But just what makes a snore sound like a snore? Only one answer below is right.

A) Snoring happens when a person tries to speak or sing in his or her sleep, generally while dreaming.

B) The sound is caused when passages for breathing are blocked. The surfaces vibrate against each other and cause the noise.

The Monroe Evening News  
**Your Health**

A kid's guide to staying healthy, fit and safe

section **C**  
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**HEALTH CALENDAR**

**Venturing explores health careers**

Medical Venturing, formerly Medical Explorers, will hold its first meeting of the school year today.

The group is open to people 14 to 21 years old who are interested in health care as a career. Meetings are held from 7 to 9 p.m. first and third Tuesdays of the month October through March. Registration is \$25 for new members, \$20 for renewing members.

For more information, call 240-4545.

**Monroe Center offers Tai Chi**

The Monroe Senior Center will host classes in Tai Chi, a Chinese martial art of deep breathing and controlled movements.

Classes are taught by Marie Criste at 1:30 p.m. Fridays at the center, 15275 S. Dixie Hwy. Memberships are \$15 or \$20 for an associate membership. Call 241-0404 for more information.

**MMH offers prostate tests**

Mercy Memorial Hospital is offering free prostate cancer screening tests from 4 to 7 p.m. Sept. 23 at Mercy Memorial Hospital, 718 N. Macomb St.

No appointment is necessary. Area urologists Dr. S.R. Nair and Dr. Ashwin Shah are offering the screenings sponsored by the Mercy Memorial Hospital System. For more information, call 240-4565.

**Flower Hospital holds run/walk**

SYLVANIA, Ohio — Runners and walkers are invited to join the Rolland Scherbarth MD Memorial 5k Run/Walk.

The race begins at 10 a.m. Oct. 2 at Flower Hospital's Campus, 5200 Harroun Rd.

Entry costs \$20 for adults, \$15 for children younger than 18 in advance. Race-day registration is \$25. Registration includes a long-sleeved T-shirt.

To register or for more information, call (419) 824-1918 or (419) 824-1113 or visit [www.promedica.org](http://www.promedica.org).

**Series addresses drug use**

“Teens Using Drugs: What to know and what to do” is the subject of a free series by 30-year social worker Ronald E. Harrison.

The workshop is held from 7:30-9 pm. every first and second Tuesday at Saint Joseph Mercy Hospital Education Center, classroom EC-4, 5305 Elliot Drive, Ypsilanti. For more information, call (734) 973-7892.

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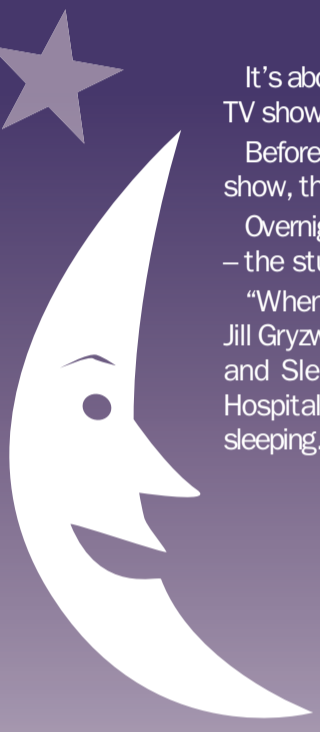
Question: Where do mermaids sleep? Answer: In waterbeds. • Question: Why do you go to bed? Answer: Because the bed won't come to you. • Question: Why do you fall asleep on a bed? Answer: Because falling on the floor hurts.

Question: What is black and white and

sleeps a lot? Answer: A snooze-paper. • Question: Why did the man sleep with a ruler? Answer: To see how long he could sleep. • Question: Where do the pages of a book sleep? Answer: Under the covers.

**Catchin' Zzz**

Sleep tight, good night



It's about that time – time for bed. But your favorite TV show is about to come on.

Before you give up an hour of sleep for a television show, think about this: You need your sleep.

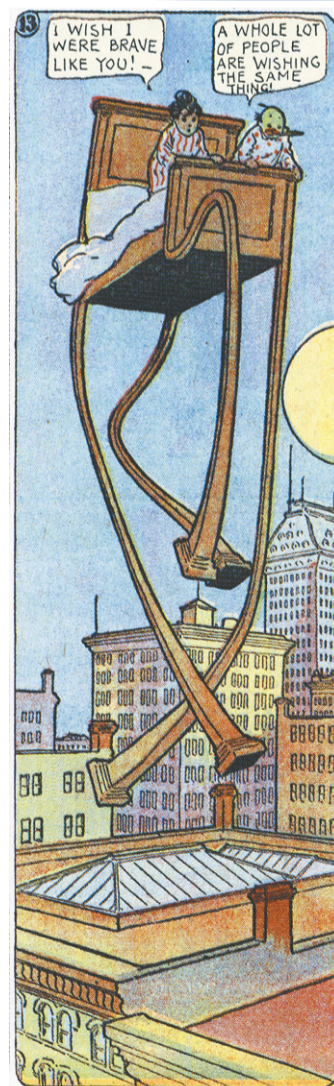
Overnight, your body will release growth hormones – the stuff that makes you taller.

“When they say you grow overnight, it's true,” said Jill Gryzwinski, who works at the Monroe Pulmonary and Sleep Specialists and the Mercy Memorial Hospital Sleep Clinic with people who have trouble sleeping. She knows all about sleep because she uses

polysomnography – a test that monitors your breathing, eye movement, heart rate and other things your body does when you sleep.

She said it's best not to stay up too late if you want to get a good night's sleep. You should also avoid pop too close to bedtime. That can keep you up or make sleeping more difficult. So can reading or watching TV in bed. And for a good night's sleep, try not to eat or exercise five hours or less before bed.

“Sleep is so important so that you have a fresh start for a new day,” Mrs. Gryzwinski said.



**◀ NEMO'S DREAM WORLD**

A dream is made up of images your brain produces while you sleep in the REM stage. In 1905, Winsor McCay made dreams the subject of his comic strips “Dreams of the Rarebit Fiend” and “Little Nemo in Slumberland.” In each “Slumberland” comic strip, Little Nemo traveled into a fanciful world of slumber. Each strip was a different dream for Little Nemo.

What do you dream about? Draw or write about your dreams.

**WHILE YOU WERE SLEEPING**

There are five stages of sleep. Each stage is part of a cycle that repeats about five times throughout a full night's sleep. First, the body goes into a stage called “waking,” in which the body prepares for sleep by relaxing.

**Stage 1**

This is a stage called drowsiness, your eyes are closed. This will last five to 10 minutes.

**Stage 2**

This is a period of light sleep. Your heart rate slows down and your body temperature gets a little lower while preparing for deep sleep.

**Stages 3 and 4**

Your body is sleeping deeply in this stage, also known as slow-wave or delta sleep.

**Stage 5**

This stage is called REM, or rapid eye movement. Your heart rate and breathing speed up and become uneven. Your face, fingers and legs might even twitch. At the same time, your voluntary muscles like your legs and arms, neck and chin cannot move. This is when you dream.

Your first REM will last about 10 minutes, but each time you reach this stage in a cycle, it will get longer. Your last REM stage of the night might last up to one hour.

KIDS HEALTH FACT puzzle answer: B

This page was made by Stacy Kess, health editor, who oversleeps every morning and Jim Dombrowski, art & design editor, who sleeps on the job.