

Hey there! So, have you ever wondered why sometimes you don't feel tired at night even though it's bedtime? Let me explain it to you in a fun and simple way.

First, our bodies have something called a 'biological clock'. Just like how you have a clock in your room that tells you when it's time for different activities, our bodies have a clock too! This clock helps us know when it's time to wake up and when it's time to sleep.

Next, imagine that your clock is a bit confused. Maybe you stayed up late watching your favorite movie or playing with your toys. When this happens, your body clock gets mixed up, and it might tell you that it's not time to sleep yet!

Another reason you might not feel tired at night is if you're feeling really excited or happy about something. Just like when you're having so much fun at a birthday party that you forget you're tired, our bodies can also get a burst of energy from the things we enjoy.

Lastly, if you've had a lot of sugary treats or drinks close to bedtime, your body might have extra energy to burn, making it harder to feel sleepy. So, maybe try to have a healthy snack before bed to help your body calm down and get ready for sleep.