



THREE FASCINATING FACTS



ABOUT YOUR UNIQUE BRAIN

In *Brain Power* Dr Ranj explains what makes your brain so special. Here are some fascinating facts about the brain, how many do you know?



You will spend **a third of your life** asleep

Sleep is one of the most important things that we do, which is why we spend a third of our life asleep. When you're asleep your brain doesn't completely switch off. It does three really cool things:

- 1) It releases chemicals called hormones to help control various processes inside your body
- 2) Your brain sorts the information it's absorbed during the day and the stuff it keeps gets stored as memories
- 3) It gets rid of waste products from its cells – a bit like putting trash down a rubbish chute

Your brain is **turbo-wired** to learn faster than an adult's brain

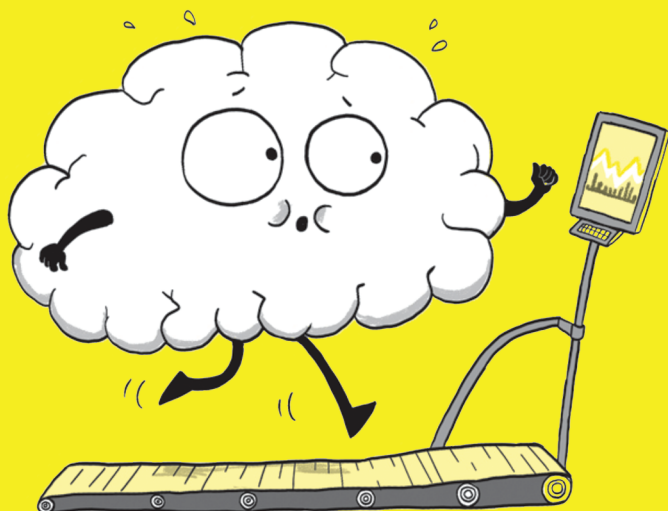
This is because your brain is growing rapidly, and the neurons inside are making new connections faster than at any other time in life. Young brains are also more adaptable, which means they're able to change to do things better and faster.



Brains grow old too

As we get older, so do our brains. So it is important to keep your brain in top condition, with these tips:

- 1) **Exercise your brain** Keep your brain active and strong by doing puzzles, brain games and reading
- 2) **Brain Food** No food can make you more clever I'm afraid, but try eating healthy food
- 3) **Be Friendly** Being nice and doing things with other people not only helps you feel happier, but is actually good for your brain too
- 4) **Get some rest** Just like your body, your brain needs rest at the end of a long day



Discover more about your unique brain and learn how to train it in this toolkit from Dr Ranj

