

Talking Points: Olympic torch, kids' sleep patterns, and exercise in the golden years

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GO TO BED!

There's a new reason why your kids need to get a good night's sleep. USNews.com reports on a study revealing that while young children sleep, the connections between the right and left sides of their brains are getting stronger. The University of Colorado study monitored the brain activity of eight children as they slept at the ages of 2, 3 and 5. Researchers found that the strength of the connections between the two sides of their brains increased as much as 20 per cent over a single night's sleep. The steady maturation of nerve fibres is believed to improve children's skills in such areas as language, attention and impulse control. And if the little ones aren't getting a good night's rest, those areas won't grow to their full potential.