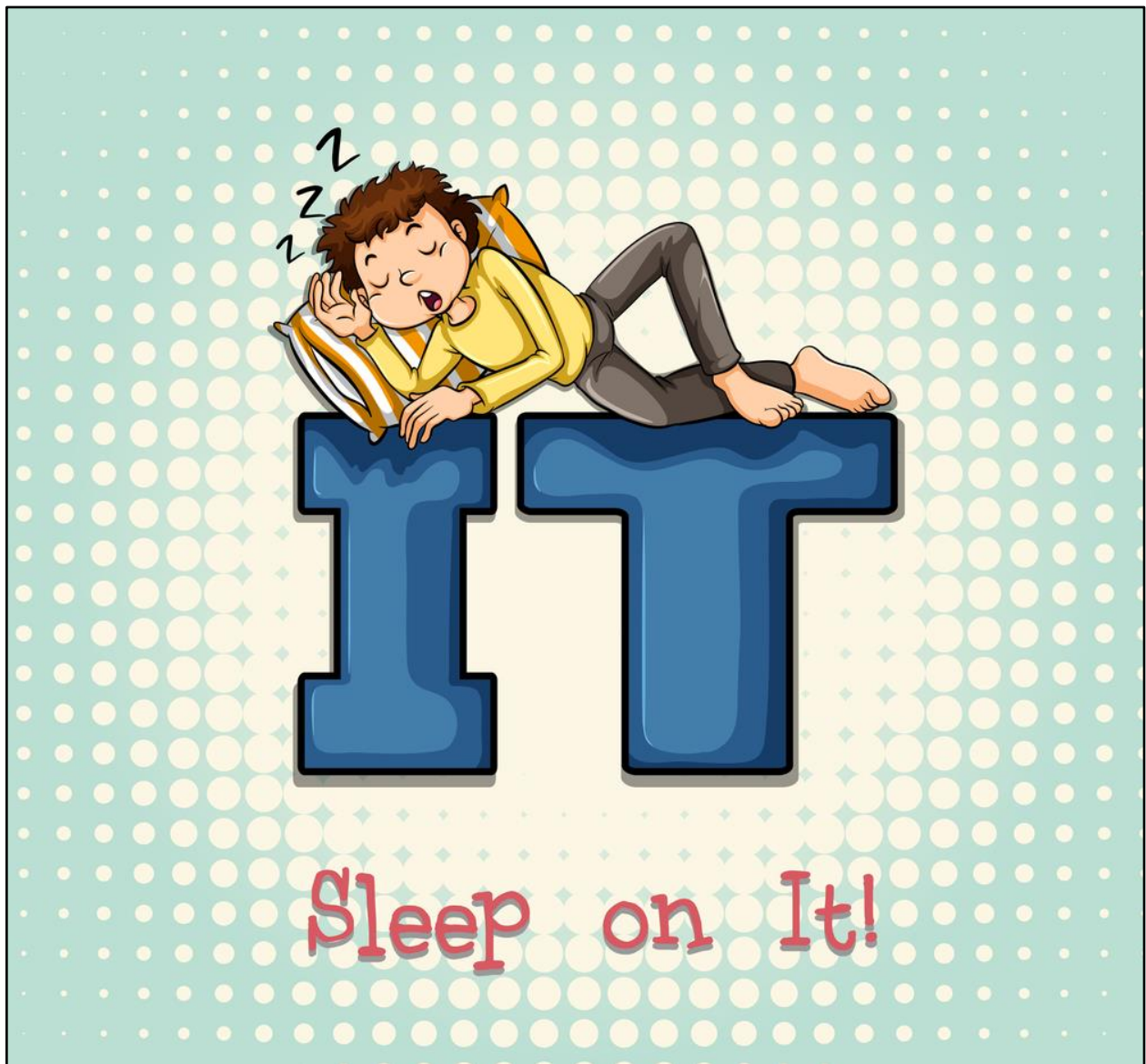
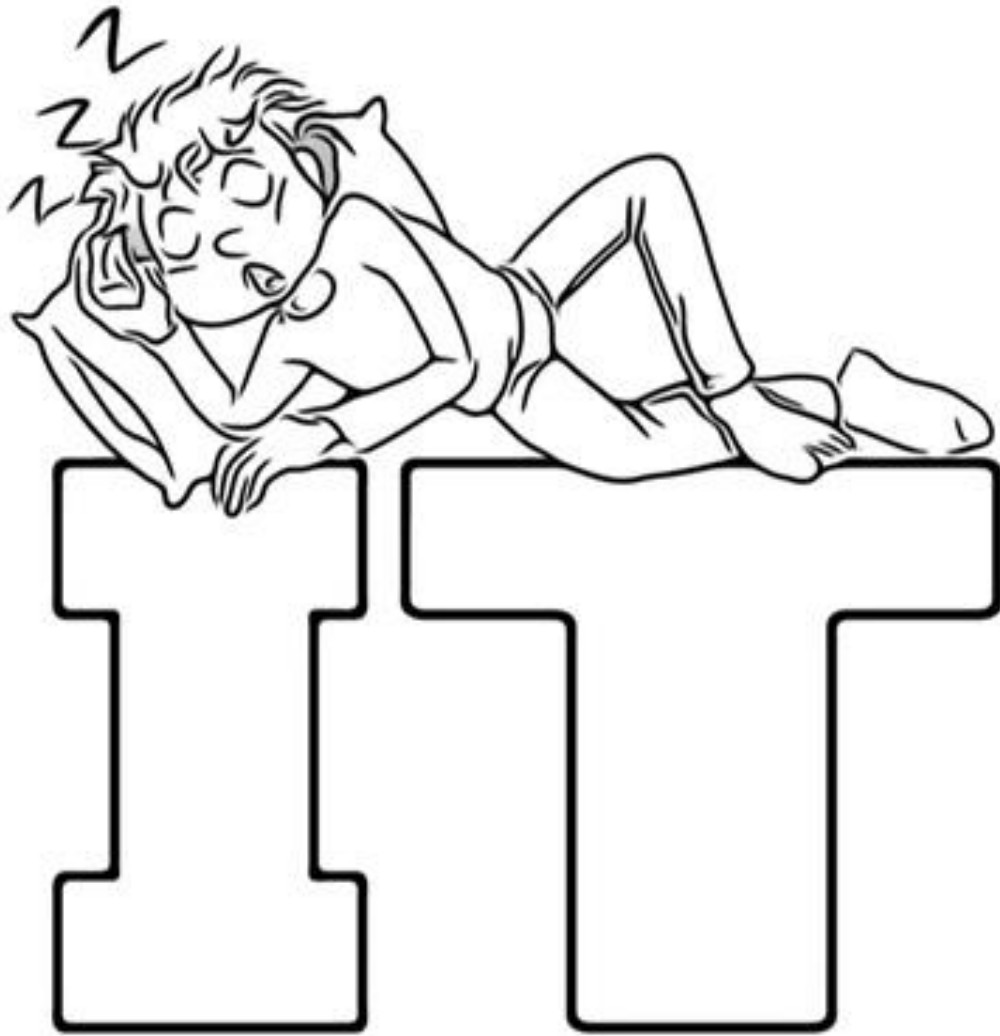


Sleep on It



Sometimes people say, “Sleep on it!” It may seem like a silly thing to say because most people think a bed is more comfortable than the word “IT.” It is very likely that no one has ever slept on the word “IT” (although it would be possible to write it on a piece of paper and sleep on “IT” that way!)



“Sleep on it!” is an idiom, a phrase with its own meaning. People often say, “Sleep on it” when they have a big decision to make and need more time to think before deciding what to do.

Since many people sleep for about eight hours, “sleeping on it” may delay a decision for quite a while! Many people also think they will be less tired if they get some rest, which may help them to do their best thinking and make a good choice.

