



Why do we have day and night?

By Kate Wambua



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Introduction

Why do we have day and night on earth? This scientific research will explain why we have day and night, with facts and lots of information.

Day and night are both equally supportive; we can't survive without them. There are lots of important things about day and night that everyone should know the answers to.



What is day and night?

DAY

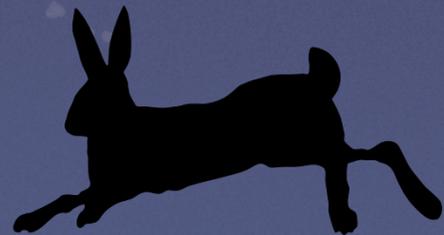
Day is a time period. Day goes through a full cycle which includes afternoon, evening and night. It usually starts at midnight, which is recorded as 0:00 am or 12:00 am. The reason day is full of warm sunlight is because the sun (A giant hot planet in space), faces toward that part of the earth that creates "day".

There are 365 days in a year, and that is also the amount of time earth needs in order to fully rotate around the sun. One whole day is 24 hours. The amount of daytime (time the sun is out) is 12 hours.

What is day and night? (page two)

NIGHT

Night is a period of darkness when the sun is below the horizon. It is the opposite of day. At night, instead of the sun being our light in the sky, the moon is. The moon isn't as bright as the sun, it is more like a nightlight in the sky. The moon is not the only light in the midnight sky. There are also a bunch of tiny lights called stars, but there are far too many of them to count! The time of nighttime is 12 hours, just like daytime.



How do they work?

The reason we have day and night is because the earth (a planet with the only source of life), rotates. This action is called " rotation". As the earth rotates, a part of earth would be facing the sun. The place facing the sun would be the place where day would be functioning, while the dark part of earth would be where night would be functioning. So what that means is that when it is daytime for you, someone in another part of the world would be experiencing night. The earth spins on an imaginary line called " axis ", which goes from the North Pole to the South Pole. It takes 24 hours to complete one spin.



What is so important about day and night?

Day and night are both important because there is a cycle called the sleep-wake cycle, which helps us to be awake and alert at daytime, and to rest and sleep at nighttime. Also, natural daylight is good for us; without it, we would either get blind easily or die!

Night is important because we need to have regular sleep and rest for our body, so we don't overwork too much. Nighttime is a sign to know when it is time to sleep. So practically the earth is a big ball that spins, and the spinning is called rotation. And if you aren't thinking straight like you think " We could survive without day and night " We can't! It depends, can we survive without food? We can't! And can we survive with our sleep cycle ruined (your brain getting mixed up)? We can't either! So that's why day and night are so important. We can't live without them.



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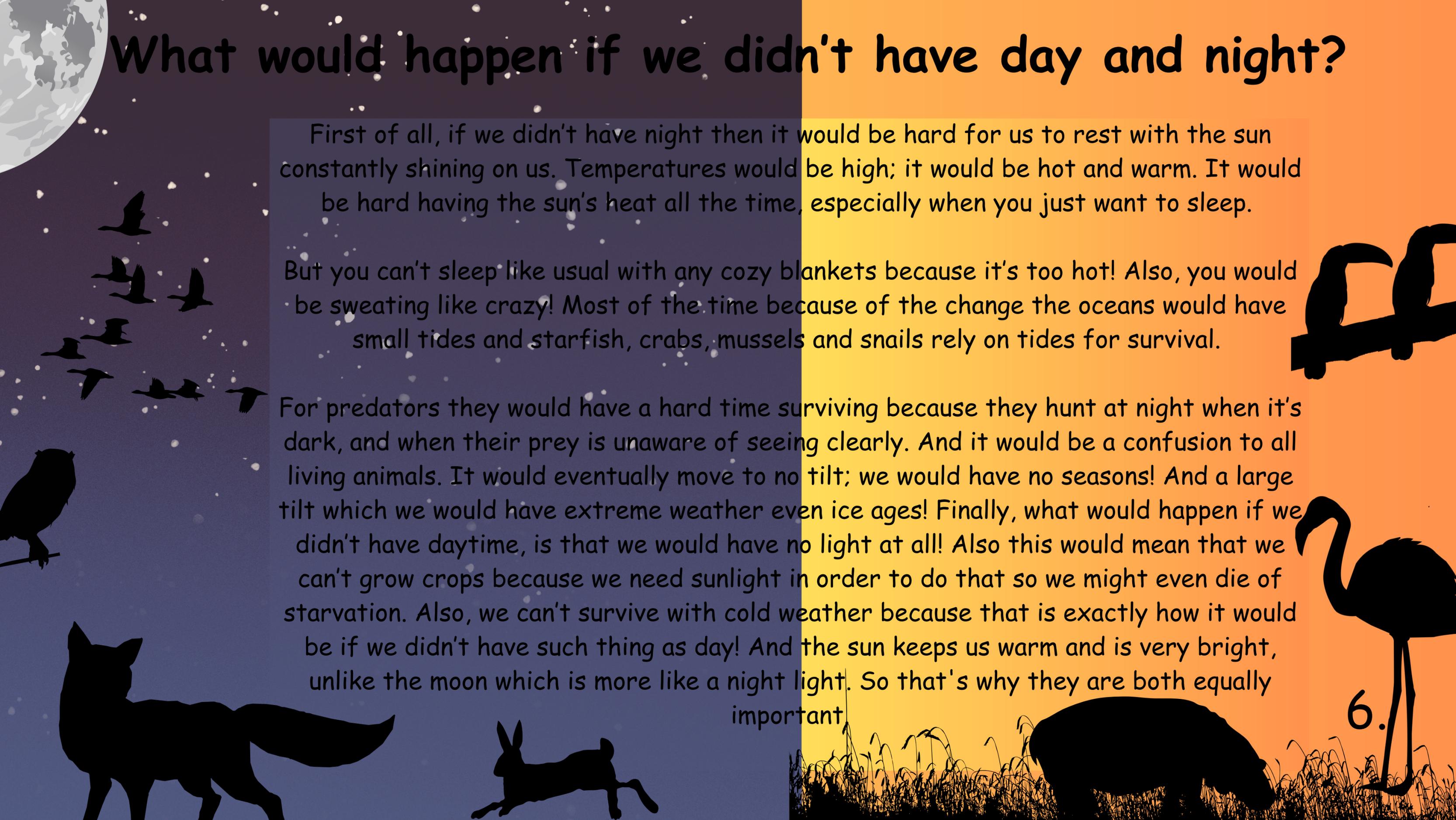


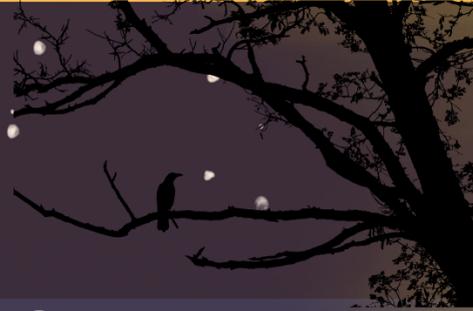
What would happen if we didn't have day and night?

First of all, if we didn't have night then it would be hard for us to rest with the sun constantly shining on us. Temperatures would be high; it would be hot and warm. It would be hard having the sun's heat all the time, especially when you just want to sleep.

But you can't sleep like usual with any cozy blankets because it's too hot! Also, you would be sweating like crazy! Most of the time because of the change the oceans would have small tides and starfish, crabs, mussels and snails rely on tides for survival.

For predators they would have a hard time surviving because they hunt at night when it's dark, and when their prey is unaware of seeing clearly. And it would be a confusion to all living animals. It would eventually move to no tilt; we would have no seasons! And a large tilt which we would have extreme weather even ice ages! Finally, what would happen if we didn't have daytime, is that we would have no light at all! Also this would mean that we can't grow crops because we need sunlight in order to do that so we might even die of starvation. Also, we can't survive with cold weather because that is exactly how it would be if we didn't have such thing as day! And the sun keeps us warm and is very bright, unlike the moon which is more like a night light. So that's why they are both equally important.





Thank You!

For reading about " Why we have day and night" by
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