



The Science of Sleep

Reading Worksheet — Level C | tahricteaches.com

Every night, you **sleep**. Sleep is very important for your body. When you sleep, your body rests and fixes itself. Children need about 9 to 11 hours of sleep every night. Adults need about 7 to 8 hours. Sleep helps you feel good the next day.

When you sleep, your **brain** keeps working. It helps your body stay healthy. Your brain also moves information from short-term memory to long-term memory. This is why sleep is important for learning. Students who sleep well can remember things better at school.

During sleep, you may have a **dream**. A dream is like a story or a movie in your mind. Dreams happen when your brain is very active. Some dreams are happy and some are scary. Most people have several dreams every night, but they do not remember all of them.

Sleep gives your body **energy**. Energy is the power you need to move, think, and play. When you do not sleep enough, you feel weak and slow. You cannot think clearly or do your best work. Getting good sleep helps you feel strong and happy.

If you do not sleep enough, you will feel **tired**. Feeling tired makes everything harder. It is important to sleep in a quiet, dark room. Try to go to bed at the same time every night. Turn off your phone and TV before bed. Good sleep habits help you stay healthy and strong.

A. Vocabulary

- | | |
|-----------------|--|
| 1. sleep ____ | a. ability to remember things you learned or experienced |
| 2. dream ____ | b. having little or no light |
| 3. energy ____ | c. power that lets you move, think, and be active |
| 4. tired ____ | d. something you do regularly, often without thinking |
| 5. brain ____ | e. stopping work or movement so your body can feel better |
| 6. memory ____ | f. time when your body and mind rest completely |
| 7. healthy ____ | g. pictures or stories your mind creates while you sleep |
| 8. habit ____ | h. feeling that you need to rest or sleep |
| 9. rest ____ | i. organ in your head that controls your thoughts and body |
| 10. dark ____ | j. good for your body and mind |

B. True or False

- | | |
|--|---|
| ___ 1. Children need about 9 to 11 hours of sleep every night. | ___ 2. Adults need about 10 to 12 hours of sleep every night. |
| ___ 3. Your brain stops working completely when you sleep. | ___ 4. Sleep helps you remember things you learned. |

___ 5. Dreams only happen when you are awake during the day.

___ 7. Sleep gives your body energy.

___ 9. It is best to sleep with the lights on and the TV playing.

___ 6. Most people have several dreams every night.

___ 8. Good students do not need to sleep to remember things.

___ 10. Good sleep habits help you stay healthy and strong.

C. Fill in the Blanks

Word Bank: brain, tired, energy, dream, healthy, dark, habit, rest

1. Sleep gives your body _____.
2. Your _____ keeps working even when you sleep.
3. If you do not sleep enough, you will feel _____.
4. During sleep, you may have a _____.
5. Good sleep habits help you stay _____.



D. Comprehension Questions

1. How many hours of sleep do children need every night?
2. What does your brain do while you sleep?
3. What can you do to get good sleep at night?

E. Discussion Questions

1. What time do you usually go to bed? Do you think you get enough sleep?
2. Do you remember your dreams? Tell your partner about one dream you had.



Answer Key

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A. Vocabulary: 1-f, 2-g, 3-c, 4-h, 5-i, 6-a, 7-j, 8-d, 9-e, 10-b

B. True/False: 1-T, 2-F, 3-F, 4-T, 5-F, 6-T, 7-T, 8-F, 9-F, 10-T

C. Fill Blanks: 1-energy, 2-brain, 3-tired, 4-dream, 5-healthy

D. Comprehension:

1. Children need about 9 to 11 hours of sleep every night.
2. Your brain keeps working and helps move information into your memory so you can remember things better.
3. You can sleep in a quiet, dark room and turn off your phone and TV before bed.

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