Reading Assessment <<<<<< Name: _____

FOCUS: Cause & Effect– Informational Text

Insomnia

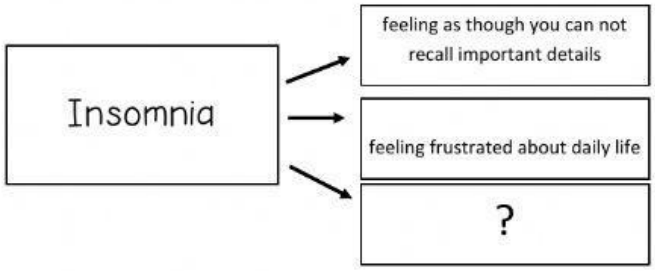
Have you ever laid down in bed at night to find that you could not sleep? Sometimes closing your eyes or counting sheep is not enough to get you to sleep. A person who struggles to fall asleep on a regular basis can become very frustrated. So what causes insomnia, or the inability to fall asleep?

Doctors say that there are many reasons people can have a difficult time falling asleep. The most common causes of insomnia are medical such as allergies, breathing problems, asthma, or some kind of bodily pain or discomfort. Stress can also lead to a difficult night's sleep. Insomnia can be the effect of poor sleeping habits such as drinking too much caffeine before bedtime or napping during the day.

The inability to sleep might not seem like such a big deal, but the loss of sleep can interfere with a person's daily life. Insomnia can cause people to lose focus, have trouble remembering important details, and interfere with decision making. Insomnia can also make people more likely to become confused or frustrated. People who go long periods of time with little sleep are also at risk for getting sick. This is because their immune system becomes weak.

Next time an adult tells you to go to bed, remember just how important sleep is. You do not want to fall victim to the effects of insomnia. Always practice good sleeping habits and appreciate your ability to fall asleep.

1. **What is the main purpose of the second paragraph in this text?**
   - ⓐ To inform the reader of the effects of insomnia.
   - ⓑ To inform the reader of the meaning of insomnia.
   - ⓒ To inform the reader of the causes of insomnia.
2. **Which of the following is NOT listed as an effect of insomnia?**
   - ⓐ Difficult time focusing
   - ⓑ Confusion and frustration
   - ⓒ Poor sleeping habits
3. **What is the main purpose of the third paragraph in this text?**
   - ⓐ To persuade the reader to appreciate a good night's rest
   - ⓑ To inform the reader of the negative effects of insomnia
   - ⓒ To inform the reader of some of the causes of insomnia
4. **Which examples below does the author state as causes of insomnia?**
   - ⓐ allergies, pain, discomfort
   - ⓑ poor decision making, decreased focus, poor memory
   - ⓒ closing your eyes, counting sheep, good sleep habits
5. **Which detail from the text best fits in the model below?**



   - ⓐ becoming victim to insomnia
   - ⓑ drinking too much caffeine before bedtime
   - ⓒ becoming sick more often

LIVEWORKSHEETS