Reading part 3



TEENAGER JULIA RYAN TALKS ABOUT SLEEP

Do you find it difficult to get out of bed in the morning? Have you ever fallen asleep in class? If the answer is yes, then you're not the only one. Across the world, bedtimes are getting later and teenagers are sleeping less. Health experts recommend that 15-year olds should get around nine hours' sleep, but only a third of us even get eight hours.

So what are the reasons for this? Well, stress is an important factor. Like many young people, I find it hard to go to sleep before a big event such as an exam. Our increasing use of technology may also be to blame. New research at Kings College London, involving 125,000 children and teenagers on four continents, shows that using a phone or tablet before going to bed makes it twice as likely you'll sleep badly that night. And the following day, this lack of sleep can make it difficult to concentrate on studying.

But while many schools are attempting to solve this problem by starting the school day later, some schools in New Mexico in the United States are trying something a bit different – they have installed sleeping areas, where students can sleep for 20 minutes in specially designed chairs. I recently tried one of these chairs and my first thought was that it looked like something from a science-fiction film. When I lay down on it, the top part slowly covered my head and upper body so that it became dark inside. Some people might find that scary, but I didn't mind, and the gentle music was quite nice. I started to feel sleepy, and that was all I could remember until the light came on and I woke up. Then, when I got up, I noticed I was a bit calmer than I'd been before. I'm sure someone who had slept badly before they went to school would feel a lot better.

Some parents might say that their children should be studying during school hours, not sleeping. What I'd say is that sleepy students don't pay attention, but this way they can return to class ready to concentrate on their work. The real solution, though, is to find ways to make sure we all get enough sleep at night, so that nobody has to go to school tired.

1. What is Julia's main purpose in writing this text?
   - A. To describe how she learnt how to sleep better at night
   - B. To discuss the problem of teenagers sleeping too little
   - C. To explain how using technology can help us sleep better
   - D. To show that nowadays we need less sleep than we used to

2. Julia has trouble getting to sleep
   - A. just before something important happens
   - B. when she has to get up early the next morning
   - C. if she leaves her phone switched on all night
   - D. the night after she has taken an exam

3. What was Julia's opinion of the chairs she tried in New Mexico?
   - A. She decided to go to bed earlier
   - B. She was rather frightened at first
   - C. She was convinced they would help people
   - D. She thought they were rather uncomfortable

4. In the final paragraph, what does Julia say about the use of these chairs in schools?
   - A. Students always sleep better the night after they use them
   - B. They can help students learn when they are lying on them
   - C. Parents want their children to use them more often
   - D. They can improve students' ability to learn in class

5. What might Julia say to a teenager who feels sleepy at school?
   - A. Sleeping during the day is not a good idea
   - B. Schools should do more to help students sleep well
   - C. At night, you should relax more, avoid doing things that can make you feel stressed and try to sleep longer
   - D. Feeling tired during school is normal

LIVEWORKSHEETS