1 Read and write.

Khalifa has written a report about the results of his sleep habits survey.
Read the survey and think of a title for his report.

Report

Background information

Sleep is very important. Sleep helps us concentrate at school. It also helps us feel happy and maintain a healthy weight. Adults need seven to nine hours of sleep per night. But teenagers need eight to ten hours of sleep.



Survey

I did a survey to learn about the sleep habits of my Grade 10 classmates. The survey had five multiple choice questions and I asked 15 students. I will discuss the main findings below.

Main findings

The main finding is that my classmates do not get enough sleep. Only one person gets more than 9 hours sleep. Most of my classmates get less than 7 hours sleep. This is less than the 8 to 10 hours recommended for teenagers. Only two people said that they do not feel tired when they wake up. Seven of my classmates do not go to bed until after 11pm. Based on the survey results, I think the main reason that people do not get enough sleep is because they go to bed quite late.

Conclusion

In conclusion, I think my classmates could improve their sleep habits. I recommend that they go to bed earlier so that they can get between 8 and 10 hours sleep a night.

LIVEWORKSHEETS