

Name: _____ Class: _____

Date: _____

Learning Outcome: I can identify the main idea and supporting details of a text.

Choice 2

Directions: Read the story below and answer the questions.

Many of us have trouble sleeping at night. This is not good because not getting enough sleep every night is very unhealthy. There are many things you can do to get a good night's sleep.

You should make sure your bedroom is set up for sleeping. This means keeping the room dark, at a good temperature and with no distractions. You should NOT have a TV in your room because it is a distraction from good sleep.

You should also keep to a regular sleep schedule. This means going to bed and getting up at the same time every day. A regular sleep schedule helps you sleep better.

You should also avoid eating at least 1 hour before going to bed. Especially any foods that contain caffeine such as: chocolate, tea, or coffee.



Sleeping is essential for a healthy life, so try some of these ideas and have a good night's sleep!

1. What is the topic of the story?

- A. Healthy Living B. Sleep C. Caffeine

2. What is the main idea of the story?

- A. Time for bed
B. Exercise is important.
C. Things you can do to get a good night's sleep.

3. Circle two details from the story.

- A. Keep a regular sleep schedule.
B. Avoid eating at least 1 hour before bed.
C. Sleep is not important.

4. Why should you not have a TV in your room? Circle the answer in the text, then write the answer below.

5. What does it mean to have a regular sleep schedule? Circle the answer in the text, then write the answer below.

B 6. When should you stop eating before bed? Circle the answer in the text, then write the answer below.

B 7. What is a good title for this story?

B = Bonus = 1 pt.