

## INSTRUCTIONS:

Read the following passage carefully, then answer the questions that follow.

*A Good Night's Sleep Is Crucial To Your Success*

The next time you bring home an unsatisfactory report card or the teacher informs you that you doze off or don't pay attention in class, perhaps you should go straight to bed.

Experts say children and teens who often fail to get a good night's rest are at serious risk for a host of problems, both inside and outside the classroom. Sleep problems including sleep deprivation are primary reasons for poor performance, misbehaviour and bad health in young people.

In fact, a growing body of research shows that insufficient sleep results in children becoming tired and irritable, and having poor concentration. They are also easily frustrated and have difficulty controlling their emotions.

So how much sleep is enough for you? Experts say youngsters need at least nine hours, even as much as ten hours of restful sleep each night. Teens, especially, need plenty of sleep, even more than younger children or adults because the various changes teens undergo during puberty increase their need to snooze. Yet many teens get inadequate rest because of school demands, extracurricular activities, part-time jobs and late-night socializing.

*Develop good sleeping habits by trying these tips:*

- Set a regular bedtime and wake-up time for yourself, and stick to it, even on weekends and off days.
- Manage activities so that you have time for adequate sleep at night.
- Allow yourself to take a short nap during the day if you're sleepy, but make sure you get enough rest at night.
- Drowsy driving is as dangerous as drunk driving. Encourage your friends to catch a cab, stay with a friend or ask an adult to give them a ride when they feel drowsy.
- Don't consume caffeine (soda, chocolate), heavy meals or lots of fluids near bedtime; however, a light snack is fine.
- Create a relaxing bedtime routine. Read, treat yourself to a warm bubble bath or play soft music. Keep the bedroom cool, dark and quiet.

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Fill in the blanks in each of the following sentences with a single word so as to complete the sense. The word you use should be made out of a word already used in the passage.

### A Good Night's Sleep Is Crucial To Your Success

The next time you bring home an unsatisfactory report card or the teacher informs you that you doze off or don't pay attention in class, perhaps you should go straight to bed.

Experts say children and teens who fail to get a good night's rest are at serious risk for a host of problems. Sleep problems which (1) \_\_\_\_\_ sleep deprivation are primary reasons  
(Line 4)

for young people performing (2) \_\_\_\_\_, misbehaving and experiencing bad health.  
(Line 5)

Research has (3) \_\_\_\_\_ that inadequate sleep results in individuals becoming  
(Line 7)

fatigued, irritable, frustrated and emotional.

A teenager, especially, needs plenty of sleep, even more than a younger (4) \_\_\_\_\_  
(Line 12)

or an adult because the physiological changes a teen (5) \_\_\_\_\_ during puberty  
(Line 12)

increase their need to snooze. Many teens get inadequate rest because of (6) \_\_\_\_\_  
(Line 13)

school work, extracurricular activities, part-time jobs and late-night socializing.

(7) \_\_\_\_\_ should be made to take a short nap during the day if you're sleepy.  
(Line 19)

but make sure you get enough rest at night.

Drowsy driving is as dangerous as drunk driving. Your friends should be  
(8) \_\_\_\_\_ to catch a cab, stay with a friend or ask an adult to give them a ride  
(Line 21)

when they feel drowsy.

Don't consume caffeine (soda, chocolate), heavy meals or lots of fluids near bedtime; however,  
(9) \_\_\_\_\_ lightly is fine.  
(Line 24)

Create a relaxing bedtime routine. Read, treat yourself to a warm bubble bath or play soft music.  
The bedroom should be (10) \_\_\_\_\_ cool, dark and quiet.  
(Line 26)