Surname _____ Form _____

HEALTHY SLEEP

Read the text and the statements to it. Mark them as true or false.

According to statistics, every fourth American teenager regularly nods off in class.

Scientists claim that average schoolchildren need no less than nine hours of sleep but get only about six or seven. It happens so because at most schools classes start at 8 a.m.; and it is considered to be too early for teens because their brains produce sleep-inducing melatonin later at night, so it's hard for them to fall asleep before 11 p.m. The way out is to start a school day no earlier than at 8.30. Many public schools are discussing this issue. The schools that have moved to a later start report that attendance is up and discipline problems are down.

Surprisingly, it can be claimed that the later students get up on school days, the better their results are!

1) According to the statistics, a quarter of American teens regularly fall asleep during a lesson. _____
2) An average teen gets enough night sleep. _____
3) Most American schools start their classes at 8.30. _____
4) Teens can easily get used to going asleep before 11 p.m. _____
5) In schools which have moved to a schedule with a later start there is better attendance and fewer discipline problems. _____
6) It can be stated that getting enough sleep can positively influence students' performance. _____

LIVEWORKSHEETS