Lesson D Reading



A Good Night's Sleep

Eight hours of sleep every night is perfect. But a lot of people don't sleep eight hours. The answers in the 2011 *Sleep in America Poll* by the National Sleep Foundation (NSF) show people's sleep routine. A lot of people in America sleep less than seven hours every night.

This graph shows the answers to the questions in the *Sleep in America Poll*. Forty three percent of Americans don't have a good night's sleep on weekdays. Sixty percent have sleep-related problems every night. Maybe they can't fall asleep, or wake up very early, like at three or four o'clock. And 15 percent of adult Americans (19–64) and seven percent of Americans aged 13–18 sleep less than six hours on weekdays.

The poll shows a connection between sleep problems and screen time at night. Ninety-five percent of people in the poll use a screen at night. They don't relax. Young and old people watch television. People work at night and check their email. Young people play video games and text their friends. It's not relaxing.

Do you use a screen at night? Do you have sleep problems? A relaxing bedtime routine is useful. Make your bedroom a relaxing place. Go to bed at the same time every night. A good night's sleep is important.

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