

**A** Answer these questions.

1. What time do you go to bed on weekdays? \_\_\_\_\_
2. What time do you go to bed on weekends? \_\_\_\_\_
3. What time do you get up? \_\_\_\_\_
4. How many hours do you sleep every night? \_\_\_\_\_
5. Do you spend time with a screen at night? \_\_\_\_\_
6. What do you do at night? (watch television, check emails, text friends, play video games)

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**B** Read the text. Circle **T** for *True* or **F** for *False*.

1. Six hours of sleep is good for you. **T/F**
2. Americans always sleep eight hours. **T/F**
3. Young people (13–18) never sleep less than six hours. **T/F**
4. Sleep problems and screen time are connected. **T/F**
5. Old people play video games. **T/F**
6. A good night's sleep isn't important. **T/F**

**C** Circle the correct word(s) to complete the sentence about the reading.

1. Many people don't sleep eight hours on (weekdays / weekends).
2. The poll shows how people sleep (around the world / in America).
3. A lot of people (relax / use screens) at night.
4. Young and old people (watch TV / check email) at night.
5. It's useful to always go to (bed / work) at the same time.

**D** Complete the sentences with the numbers in the box.

3    6    8    43    95    2011

1. \_\_\_\_\_ percent of Americans don't get a good night's sleep on weekdays.
2. Seven percent of young people don't sleep \_\_\_\_\_ hours on weekdays.
3. People sometimes wake up at \_\_\_\_\_ o'clock.
4. \_\_\_\_\_ is the year of the *Sleep in America Poll*.
5. \_\_\_\_\_ percent of Americans spend time on screens at night.
6. \_\_\_\_\_ hours of sleep every night is good.