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)

_____

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.

LIVEWORKSHEETS