

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.

LIVEWORKSHEETS

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)

_____

EXAMPLE:

1.	What time do you go to bed on weekdays?	**I go to bed at 12 pm on weekdays.**
2.	What time do you go to bed on weekends?	**I go to bed at 1 am on weekends.**
3.	What time do to get up?	**I usually wake up at 6:30 am.**
4.	How many hours do you sleep every night?	**I normally sleep 6 hours every night.**
5.	Do you spend time with a screen at night?	**Yes, I do.**
6.	What do you do at night?	**I always text friends.**

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.

LIVEWORKSHEETS

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