SLEEP IS IMPORTANT

Read the text and do the multiple choice.

  Sleep is very important. It's just as important for your body
as eating and exercising. If you don't get enough sleep, then you
won't be able to enjoy yourself. Going out with friends, playing sports or even
watching movies will not be much fun if you're tired.

  People of all ages need sleep, but different people need different amounts.
Babies sleep about twice as much as they stay awake. Teenagers need about eight
to ten hours a night and older people need les. But one person may need more tan
another even if they are both the same age.

  Six out of ten children say they are tired during the day, which means they are
not getting enough sleep. So how can you get to sleep? A Good idea is to write
down what you are thinking about before you go to bed. Then, make sure your
bedroom is as dark as possible, and it isn't too hot or too cold. You can also try
Reading a book. Don't drink soft drinks or use your phone before going to bed.
However, playing games on your computer is the main one to avoid!

1. What is more important doing?
A. Sleeping and eating are more important.
B. Sleeping and exercising are more important.
C. Sleeping, eating and exercising are all important.

2. What do babies spend more time doing?
A. Sleeping
B. Staying awake
C. Eating

3. Who needs less sleep?
A. Babies
B. teenagers
C. Older people

4 What may stop you from sleeping?
A The bedroom is too dark.
B Feeling too hot
C Reading a book.

5What is the worst thing to do before going to bed?
A Using your phone
B Playing online
C Drinking soft drinks