Part 1—Preview

Look at the picture. Write 3 details that you notice. Write sentences.

1)
2)
3)



Now write 2 questions you have about the picture.

1)
2)

Part 2—Vocabulary

Read the article. Infer the meaning of each key (important) word.
Do **NOT** copy a dictionary definition!
Infer = use context clues to guess the meaning

calorie	gain	hormone	crave	deprive

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Part 3—Read and Identify main ideas.

Sleep is very important for our bodies. It helps us grow and stay healthy. When we don't get enough sleep, it can make us gain weight. This is because sleep affects the hormones in our bodies that tell us when we are hungry and when we are full.

Underline the topic sentence of the paragraph.
In a few words, tell the **main idea**.

When we don't get enough sleep, our bodies make less of a hormone called leptin. Leptin tells our brains that we are full and don't need to eat anymore. When we don't have enough leptin, we feel hungry even if we just ate.

Underline the topic sentence of the paragraph.
In a few words, tell the **main idea**.

At the same time, our bodies make more of a hormone called ghrelin when we don't get enough sleep. Ghrelin tells our brains that we are hungry and need to eat. When we have too much ghrelin, we want to eat more food, even if we aren't really hungry.

Underline the topic sentence of the paragraph.
In a few words, tell the **main idea**.

Not getting enough sleep can also make us crave unhealthy foods, like candy, chips, and pasta. These foods are high in calories, which can make us gain weight.

Underline the topic sentence of the paragraph.
In a few words, tell the **main idea**.

Getting enough sleep is important for children, too. Children who are sleep deprived might have the same hormone problems as adults. They might also feel tired during the day and not want to play or exercise.

Underline the topic sentence of the paragraph.
In a few words, tell the **main idea**.

If you are having trouble sleeping, talk to your parents or a doctor. They can help you find ways to get a good night's sleep. Getting enough sleep is important for your health and can help you stay at a healthy weight.

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Part 4— Comprehension Questions

Answer the questions. Tell in which paragraph you found the answers.

Question	Answer	Where?
A sleep deprived body makes more what?		
What is the effect of this hormone?		
A sleep deprived body makes less what?		
What is the effect of this hormone?		
How does sleep deprivation affect exercise?		

Part 5—Reflection

Write a topic sentence and at least 5 detail sentences about the questions.

Examine the graph in Part 1. What does it tell you?

How does it prove what the article said?

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