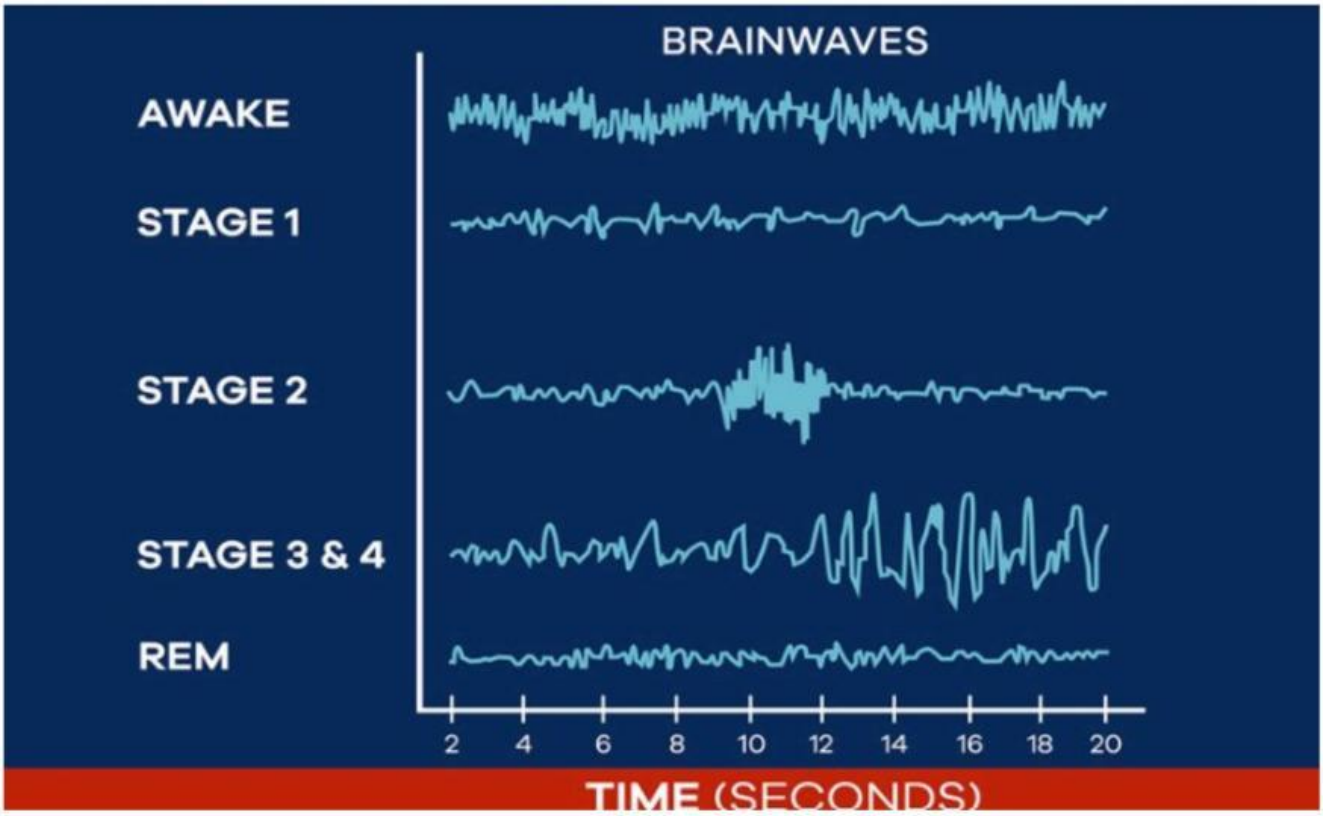
Part 1—Preview

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

store (verb)	consolidation	(brain)wave	stages	deep sleep

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Part 3—Read and Identify main ideas.

Sleep is very important for your brain. It helps you learn and remember things. Scientists have been studying how sleep and memory work together for over 100 years. They have learned that sleep helps your brain store important memories and forget things that you don't need to remember.

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

When you sleep, your brain goes through different stages. The first few stages are light sleep. Then, you go into deep sleep, which is also called slow-wave sleep. This is when your brain starts to work on the memories you made during the day.

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

Deep sleep helps your brain make strong memories. It also helps you learn new things. During deep sleep, your brain stores new information from your day. This is called memory consolidation. Memory consolidation lets you remember that information when you wake. If you don't get enough sleep, you might have trouble learning and remembering things. You might also have trouble paying attention.

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

Another important stage of sleep is called REM sleep. This is when you dream. During REM sleep, your brain works on emotional memories. It helps you deal with difficult experiences.

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

Scientists think that sleep helps your brain clean itself. It gets rid of memories that you don't need anymore. This makes room for new memories.

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

Getting enough sleep is very important for your brain. It helps you learn, remember, and think clearly. If you don't get enough sleep, you might have trouble in school and with your friends. So, make sure you get a good night's sleep every night!

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Part 4— Comprehension Questions

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

Question	Answer	Where?
Which 2 types of sleep help you remember?		
What happens to your brain during REM?		
Tell 2 consequences of not enough sleep.		
What happens to memories you don't need?		
When does slow wave sleep start?		

Part 5—Reflection

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

How do you feel the day after you have had little sleep?

How does this effect your behavior?

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