Unit 3

Why Are Teenagers Sleepy? – pages 54-55

A. Circle the correct answer.

1. Who does Adi Wolff work for?

a) Sleepy Teens Magazine
b) Teen Plus
c) Daily News
d) Dr. Avi Dagan's Clinic

2. What is one major reason, besides their body clock, that prevents teenagers from getting enough sleep?

a) They eat too much sugar
b) They exercise too much
c) They look at screens just before bedtime
d) They have too much homework

3. How many hours of sleep do teenagers need?

a) 17 hours
b) Between 8 and 10 hours
c) Less than 8 hours

4. Why is the light from a phone or laptop a problem?

a) It is too expensive.
b) It is very strong and keeps you awake.
c) It helps you fall asleep.

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5. In California, what is the new law for schools?

a) Schools must have more computers.

b) Schools can't start before 8:30.

c) Students don't have to go to school.

B. Fill in the missing words from the text.

1. Teenagers have a different _____ _____.
2. Babies need to sleep about _____ hours a day.
3. You should stop looking at screens about _____ _____ before bedtime.
4. When we stop looking at screens, our _____ can calm down.

C. Write "True" or "False". Correct the false sentences.

1. _____ Teenagers get tired as early as adults.
2. _____ Most teens sleep more than eight hours.
3. _____ A body clock tells you when it is bedtime.
4. _____ Dr. Dagan suggests starting school earlier to help teens.

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