

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.

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.
