

The Importance of Sleep

Read the article and answer the questions.



Getting enough sleep is essential for our mental and physical health. Sleep helps the brain work properly, supports the immune system, and improves our performance during the day. Sleep deficiency – not getting enough sleep – can lead to serious problems.

Brain Health and Emotional Well-Being

Sleep helps your brain prepare for the next day. While you are sleeping, your brain forms neural pathways that help you learn and remember information. This is important when learning subjects at school, new vocabulary, or even how to play a musical instrument.

When you do not get enough sleep, your brain does not have enough time to rest. As a result, you may have trouble paying attention and concentrating in class. Sleep deficiency can also affect emotional health. Teenagers who do not sleep enough often have problems getting along with friends and other people.

Physical Health

Sleep supports the body's growth and development, especially in children and teenagers. It also helps the immune system stay strong and fight illnesses such as colds and the flu. People who are sleep deficient may get sick more often and recover more slowly.

Daytime Performance and Safety

Getting enough sleep helps people stay focused and make better decisions during the day. People who do not sleep enough are more likely to make mistakes. Sleep deficiency also plays a role in accidents. In the United States, sleep deficiency causes thousands of road accidents every year.

How Much Sleep Is Enough?

Age Group Recommended Amount of Sleep

Age Group	Recommended Amount of Sleep
0–5 years old	11–12 hours a day
6–12 years old	At least 10 hours a day
Teenagers	9–10 hours a day
Adults	7–8 hours a day

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Task 1. True or False? Write T or F

- Sleep helps people remember information. ____
- Teenagers only need 5–6 hours of sleep. ____
- Sleep deficiency can affect emotional health. ____
- The immune system becomes stronger with enough sleep. ____
- Sleep deficiency can lead to accidents. ____
- Adults need more sleep than teenagers. ____

English in 4 months

Task 2. Multiple Choice- write a letter

1. *Sleep helps your brain:* _____

- a) forget information
- b) prepare for the next day
- c) become tired

2. *Teenagers who do not sleep enough may:* _____

- a) learn faster
- b) get along better with people
- c) have emotional problems

3. *The immune system helps the body:* _____

- a) fight illnesses
- b) sleep longer
- c) study better

4. *Sleep deficiency can cause:* _____

- a) better concentration
- b) more accidents
- c) stronger memory

VOCABULARY TASKS

Task 3. Match the words with the definitions.

Word	Definition
1. immune system	a. ability to think carefully
2. concentrate	b. a system in the body that fights illness
3. emotional health	c. to focus attention
4. deficiency	d. mental and emotional well-being
5. decision	e. not having enough of something

Task 4. Complete the sentences with the words below.

Words: *concentrate, deficiency, immune system, accidents, emotional health*

1. Sleep deficiency can affect your _____.
2. The _____ protects the body from illnesses.
3. It is difficult to _____ when you are tired.
4. Sleep deficiency may cause road _____.
5. A sleep _____ means not getting enough sleep.