Name _____ Class _____ Number _____

SLEEP: MORE IMPORTANT THAN YOU THINK!

1 Sleep is very important. Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat. *Let's say* you go to sleep 12 hours later than you usually do. It will take your body about three weeks to return to **normal**. We spend about one-third (⅓) of our lives in sleep. That's about 121 days a year!

2 How much sleep do we need? We are all different. A baby needs 16 hours of sleep every day. Children 6 to 12 years old need an **average** of 10 to 12 hours of sleep. A **teenager** needs 9 to 10 hours of sleep. An **adult** needs an average of 7 to 8 hours a night. There are some people who need only 3 hours of sleep. Others need 10 hours of sleep. After the age of 50, the average sleep time goes down to 6.5 hours a night. We need less sleep as we get older.

3 Most people have some nights when they cannot sleep. About one in three Americans has a problem with sleep. Many of these people cannot **fall asleep** or stay asleep. The name of this problem is *insomnia*. The word *insomnia* means "no sleep." Some people say, "I didn't sleep all night." They may sleep lightly and wake up several times. In the morning, they only remember the times they were **awake**, so they think they were awake all night.

4 This is not a new problem. Many famous people in history had insomnia. Some of these people had special ideas to make them sleep. Benjamin Franklin, the famous statesman[1] and **inventor**, had four beds. He moved from one to the other to fall asleep. King Louis XIV of France had 413 beds and hoped to fall asleep in one of them. Mark Twain, the famous American writer, had a different way. He lay on his side across the end of the bed!

Part 1: Match the words with the meaning

1. normal	a. a person who is between 13 and 19 years old
2. average	b. a person who has finished growing up
3. teenager	c. a person who creates new things
4. adult	d. usual or typical
5. insomnia	e. the inability to sleep
6. inventor	f. not sick; in a healthy state

Part 2: Complete the sentences

1. Let's say you go to sleep 12 hours later than usual. It will take your body about _____ weeks to return to normal.
2. Children 6 to 12 years old need an _____ of 10 to 12 hours of sleep.
3. An _____ needs an average of 7 to 8 hours of sleep a night.
4. The name of the problem when people cannot sleep is _____.
5. Benjamin Franklin moved from one bed to another to _____.

Part 3: Short Answer

Answer the questions in complete sentences.

1. Why is sleep more important than food?
_____
2. How much sleep does a baby need every day?
_____
3. What happens to the average sleep time after the age of 50?
_____
4. What is insomnia?
_____
5. How did Mark Twain try to fall asleep?
_____

Part 4: True or False

Write T (True) or F (False).

- ☐ 1. A person who does not sleep dies at an older age.
- ☐ 2. We spend about one-third of our lives in sleep.
- ☐ 3. Teenagers need 7 to 8 hours of sleep a night.
- ☐ 4. Insomnia means "no sleep."
- ☐ 5. King Louis XIV of France had 413 beds.

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Part 5: Main Idea and Support Details

Main Idea: _____

Support Detail 1: _____

Support Detail 2: _____

Support Detail 3: _____

LIVEWORKSHEETS