

Talk/Lecture 2: Listen and fill in the blanks.

affecting	animals	attention	awake	brain
especially	experts	habits	relaxing	trouble

Do you get enough sleep at night? Do you ever feel tired during school? You may not be the only one. According to the National Sleep Foundation, kids aren't getting enough sleep. And it's (1)_____ how they do in school.

(2)_____ say that kids need about ten hours of sleep each night. Your body needs sleep so it can rest for the next day. (3)_____ need sleep to stay healthy. Cats and dogs sleep for about fifteen hours each day!

Sleep is also important for your (4)_____. Just like your body, your brain needs a little vacation every night. Without enough sleep, students can't learn as well. They cannot pay (5)_____, follow directions, or solve problems as well. Also, tired kids act in ways that they usually don't. They can easily get angry with their friends or get in (6)_____ in class.

Scientists at the National Sleep Foundation talked to 1,400 kids. They asked them about their sleeping (7)_____. They found that about seventy percent of kids were not getting enough sleep. The scientists think that soda and television are part of the reason. Drinks like cola, coffee, and tea have caffeine in them. Caffeine makes people stay (8)_____. Kids who had drinks with caffeine got less sleep than other kids. Television is also a problem. When kids watch too much TV, they have to stay up later to finish their homework. Scientists also found that many kids had a TV in their room. These kids often stayed up late to watch a show.

So what can you do to make sure that you get enough sleep? Try not to drink anything with caffeine, (9)_____ at night. Sleep experts suggest that you try to go to bed at the same time every night. Don't do anything exciting before you go to bed. For instance, don't watch a scary movie or exercise. Try to do something (10)_____, like reading a book or listening to quiet music.