Part 1—Preview

Look at the picture. Write 3 details that you notice. Write sentences.

1)
2)
3)



Now write 2 questions you have about the picture.

1)
2)

Part 2—Vocabulary

Read the article. Infer the meaning of each key (important) word.
Do **NOT** copy a dictionary definition!
Infer = use context clues to guess the meaning

develop	reckless	routine	moody	well-being

LIVEWORKSHEETS

Part 3—Read and Identify main ideas.

The Importance of Sleep

Teenagers need a lot of sleep. They need about 9 hours of sleep each night. That is more sleep than they needed when they were younger. Teenagers are growing and their brains are still developing. They need sleep to help their bodies and brains grow.

Teenagers often have trouble getting enough sleep. They may stay up late because their bodies are changing. They may also have busy schedules with school, homework, sports, and friends. They may also think that sleep is not important.

Not getting enough sleep can cause problems for teenagers. They may be moody, reckless, and have trouble learning. They may also be more likely to get into car accidents. They may also have problems with their mental health.

Teenagers need to get enough sleep to be healthy and happy. They need to make sure they have a good sleep schedule and a quiet place to sleep. They should also avoid caffeine and screen time before bed.

It is important for parents to help teenagers get enough sleep. They can set good examples by getting enough sleep themselves. They can also talk to their teenagers about the importance of sleep. They can also help teenagers create a good sleep routine.

Teenagers need to understand that sleep is important for their health and well-being. They need to make sure they are getting enough sleep so they can be successful in school, sports, and life.

Highlight the topic sentence of the paragraph.
In one or two words, tell the **main idea**.

Highlight the topic sentence of the paragraph.
In one or two words, tell the **main idea**.

Highlight the topic sentence of the paragraph.
In one or two words, tell the **main idea**.

Highlight the topic sentence of the paragraph.
In one or two words, tell the **main idea**.

Highlight the topic sentence of the paragraph.
In one or two words, tell the **main idea**.

LIVEWORKSHEETS

Part 4— Comprehension Questions

Answer the questions. Tell in which paragraph you found the answers.

Question	Answer	Where?
How much sleep do teens need each night?		
Tell 2 reasons teens don't get enough sleep.		
Tell 2 things teens can do to sleep better.		
Tell 2 reasons sleep is important.		
Tell 2 things not enough sleep can cause.		

Part 5—Reflection

Write a topic sentence and at least 5 detail sentences about the questions.

In your opinion, do you get enough sleep most nights? How do you know?

LIVEWORKSHEETS