Listen and read the text.

Dear Polly,
Last night at ten o'clock I was online when my dad told me to get ready for bed. Two hours later I was in bed with my eyes open. I didn't feel sleepy so I got up. My parents were on the sofa. They always fall asleep in front of the TV. They don't go to bed when they are sleepy so why do I have to go to bed when I'm not sleepy? Then last Saturday my mum woke me up at 11.00 a.m. She says I'm lazy but that's not fair. I always feel tired in the morning but I get up early and work hard all week so why can't I stay in bed at the weekend?

Karl, 15



Hi Karl,
Your parents don't want you to stay up late because they think you need to sleep. And they're right! Teenagers need a lot of sleep. How much? That depends on the person but usually about nine hours a night – that's more than adults! But it's difficult for teens to wake up early and to go to sleep early. Often they feel lively at night when adults feel sleepy. That's because teenagers' brains produce melatonin* later in the day. When you see bright lights, your brain stops making melatonin. That means you can't sleep well. So during the school week you shouldn't surf the internet or watch too many TV programmes before bedtime. It's better to read or listen to music. And during the day don't drink too much tea or coffee. Sleep is important for our health. If you don't get much sleep, your memory and concentration suffer. So try to go to bed early during the week but tell your parents you need to stay in bed late at weekends.

Polly

*a hormone which makes you sleepy

Choose the correct answers.

1. Karl says that last night he fell asleep
 a very quickly.
 b after his parents.
 c before his parents.

2. Karl's mother woke him up last Saturday because
 a she needed his help.
 b he wanted to get up early.
 c she thinks it's wrong to stay in bed late.

3. Karl is writing to Polly because
 a he wants to get up early.
 b he disagrees with his parents.
 c he can't sleep.

4. Polly says
 a teenagers need a lot of sleep.
 b adults need a lot of sleep.
 c adults think teenagers are lazy.

5. Teens like staying up late and getting up late because
 a they make hormones differently from adults.
 b they watch too many TV programmes.
 c it's better for their health.

LIVEWORKSHEETS