Reading Comprehension

Why Sleep Matters

Sleep is not just a time when the body shuts down; it is an active process that restores both the body and the mind. During sleep, the brain organizes memories, processes emotions, and prepares for learning the next day. At the same time, the body repairs tissues, produces important hormones, and strengthens the immune system. Without enough sleep, all these processes are interrupted, which can have serious consequences.

Most adults require between seven and nine hours of sleep each night, although the exact amount varies from person to person. Teenagers often need even more, around nine or ten hours, because their bodies and brains are still developing. Unfortunately, many people sleep much less than they should. Work schedules, school, stress, and the constant use of digital devices keep people awake longer than is healthy.

Poor sleep affects every part of life. It reduces concentration and makes decision-making more difficult. People who are sleep-deprived often feel more emotional, becoming irritated or anxious more easily. Over time, chronic lack of sleep can lead to serious health problems such as obesity, diabetes, heart disease, and depression. Some researchers even compare long-term sleep deprivation to smoking or drinking alcohol, because it increases the risk of early death.
One of the biggest enemies of sleep today is technology. The blue light from phone and computer screens signals to the brain that it is still daytime. As a result, the release of melatonin, the hormone that causes sleepiness, is delayed. This is why specialists recommend avoiding screens at least one hour before bedtime. Irregular sleeping schedules are another issue. Going to bed at different times every night confuses the body clock, also called the circadian rhythm, which regulates when we feel tired and when we feel awake.

Improving sleep quality often requires simple lifestyle changes. Experts suggest creating a bedtime routine: going to bed at the same time, avoiding caffeine or heavy meals in the evening, and keeping the bedroom dark, cool, and quiet. Relaxing activities such as reading, listening to calm music, or drinking herbal tea can also prepare the body and mind for rest. In addition, physical activity during the day helps people fall asleep faster and sleep more deeply at night.

In conclusion, sleep is not a luxury but a basic human need, as essential as food and water. By protecting our sleep, we protect our health, improve our mood, and increase our ability to learn and perform well. In the fast-paced world of today, making sleep a priority might be one of the best decisions we can make.



LIVEWORKSHEETS

Answer the questions.

1. Sleep is a passive process where the body completely shuts down.

True False

2. The brain organizes memories while we sleep.

True False

3. Teenagers usually need less sleep than adults.

True False

4. Poor sleep can make people more emotional and irritable.

True False

5. Lack of sleep may increase the risk of diabetes and depression.

True False

6. Using screens before bed helps the brain produce melatonin faster.

True False

7. The circadian rhythm is another name for the body clock.

True False

8. Experts recommend heavy meals in the evening to sleep better.

True False

9. Reading or listening to calm music can be part of a healthy bedtime routine.

True False

10. Sleep is just a luxury, not an essential human need.

True False

LIVEWORKSHEETS