

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

Criteria	Assessment
Differentiates between fiction and non-fiction texts adjusting vocabulary and language choices to match the time and purpose of each text.	
Constructs macropropositions by applying macrorules (deletion, generalization, and integration) to prioritize information and preserve the essential meaning of the text.	

## How the light from screens affects our sleep.



Many teenagers use phones late at night. Scientists study how this habit affects sleep. The brain uses light to decide when to feel awake or sleepy. When a screen shines in the evening, it often sends a "stay awake" message to the brain. This happens because the body produces a sleep hormone called melatonin, and bright light can reduce it.

Sleep does more than rest the body. During sleep, the brain organizes memories and supports learning. Good sleep also helps mood and attention in class. When a teen sleeps too little, the next day often feels harder: the person gets tired, the mind loses focus, and stress feels stronger.

Experts recommend simple habits. A regular bedtime helps the body follow a routine. A teen who stops using screens 30–60 minutes before bed usually falls asleep faster. Dim lights, quiet music, or a paper book can help too. Small changes make a real difference, and many students notice better energy after one week.

### Task 1: Read the article and answer the following questions.

#### A. Topic/intention (choose one):

- a. How teenagers use social media during the day
- b. How screen use at night affects teenagers' sleep
- c. Why teenagers love screens nowadays

#### B. Keywords: Select only the words that are relevant about the text

Screens, lights, love, friends, sleep, person, little, brain, routine

#### C. Main idea: \_\_\_\_\_

### Task 2: Answer the following questions, focus on language choices, spelling and verbs.

#### A. Fill in the Blanks : Complete the sentences using the correct form of the verb in parentheses:

The brain \_\_\_\_\_ (use) light to decide when to sleep.

Bright screens \_\_\_\_\_ (reduce) melatonin.

A student who sleeps well \_\_\_\_\_ (feel) more focused.

#### B. Answer the following open questions:

Why does sleep help teenagers at school?

How does screen light affect the human brain?

#### C. Correct the mistake in the following sentences:

- a. A regular bedtime help the body follow a routine.
- b. Using screens late at night don't help sleep quality."