

Time to Read

A

Read lines 1-2 of the interview below and complete the chart in your notebook. קראו את שורות 1-2 של הראיון והשלימו את הטבלה במחברת.
 إقرأوا السطورين 1-2 للمقابلة فأكملوا الجدول في دفتركم.

Name of the Reporter (כתב / مراسل)	Name of the magazine	Name of the Sleep Expert (מומחה / خبير)	Topic of the Interview
Adi Wolff			

B

Read Part One of the interview. Then choose the correct answers. קראו את החלק הראשון של הראיון ובחרו את התשובות הנכונות.
 إقرأوا القسم الأول من المقابلة فاخترُوا الإجابات الصحيحة.

Why Are Teenagers Sleepy?

PART ONE

Adi Wolff works for the magazine *Teen Plus*. She talked to sleep expert¹ Dr. Avi Dagan about teens' sleeping habits.

Adi: Many teenagers aren't able to fall asleep until late at night. Why not?

Dr. Dagan: Teenagers just don't get tired as early as adults. They have a different
5 body clock.

Adi: What is a body clock?

Dr. Dagan: It's a system² in the body that tells you when it's bedtime and how long you need to sleep. Babies, for example, need to sleep about 17 hours a day.

Adi: How many hours do teenagers need to sleep?

10 **Dr. Dagan:** They need between 8 and 10 hours, but most teens sleep less than eight hours.

Adi: So, is that why teenagers are often sleepy in the morning?

Dr. Dagan: Yes, they fall asleep late and have to wake up early to go to school. However, that's not the only reason why teens don't get
15 enough sleep.

Adi: What do you mean?

Dr. Dagan: Well, many teens look at screens just before bedtime.

Adi: Why is that a problem?

20 **Dr. Dagan:** Because the light from a phone or a laptop is very strong. It keeps you awake, even when you are tired.



¹ expert / خبير

² system / نظام

1. Teens have **the same** / **a different** body clock.
2. Teens need **between 8-10** / **less than 8** hours of sleep.
3. The light from a screen **makes you sleepy** / **keeps you awake**.



Now read Part Two and complete the sentences below.

קראו את החלק השני והשלימו את המשפטים.
اقرأوا القسم الثاني فأكملوا الجمل.

PART TWO

Adi: So, teenagers have a different body clock. What can we do to make life easier for them? Do you have any suggestions?

Dr. Dagan: The best is to start school a little bit later. In California, for example, there is a new law that says that schools can't start
5 before 8.30.

Adi: What about the second problem? When should we stop looking at our screens?

Dr. Dagan: About two hours before bedtime. That way our brain can calm down* and we can get ready for a good night's sleep.

*calm down להירגע / يهدأ

1. Dr. Dagan thinks that schools should start
2. In California, students don't start school before
3. Dr. Dagan says that we should stop looking at screens about ... before bedtime.

