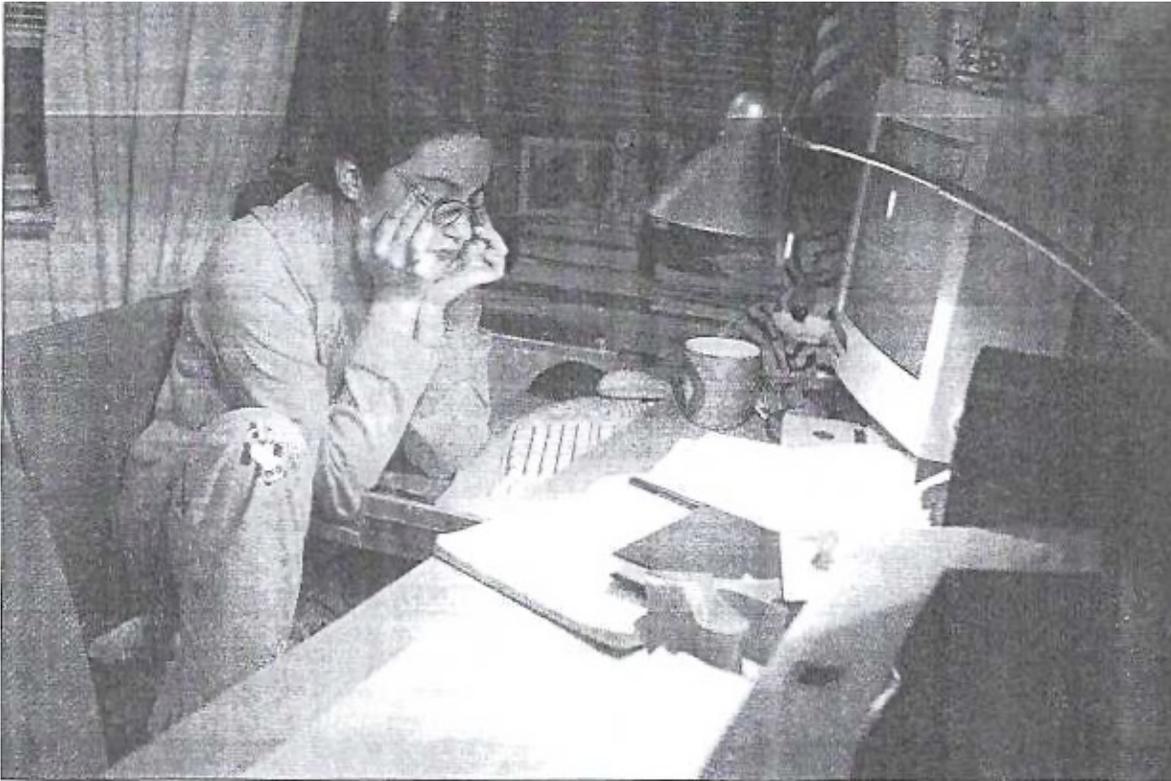


CHAPTER 10 – REMEMBER TO SLEEP



BEFORE YOU READ. Look at the picture and read the title of the story.

Write your answers on the lines.

What is this woman doing? _____

Does she look sleepy or awake? _____

Do you like to study alone or with friends? _____

Where do you like to study? _____

When do you like to study? _____

REMEMBER TO SLEEP

Ellen Sims is an 18-year-old college student. She has an important history exam tomorrow morning. Ellen is going to study all night. She is not going to sleep at all. Many college students, like Ellen, do this often. They think that they can study all night. And they think that in the morning, they will remember everything that they studied the night before. Ellen thinks that this is a good way to study, but many doctors disagree. They say that sleep is very important for memory and brain development.

Scientists at Harvard Medical School in the U.S. studied sleep and memory. They studied 24 people. First, they asked the people to look at a picture and remember it. At night, they put the people in two groups of 12. Group 1 went to sleep. Group 2 did not. A few days later, the scientists showed some pictures to both groups. They asked the people to find the picture they saw before. The people in Group 1 did well. But the people in Group 2 did not do well. It wasn't easy for them to remember the picture. What happened? Scientists say that sleep helps our memory. After we learn something new, sleep helps us remember it. And when we don't sleep, we can forget new things.

Scientists say that many teenagers, like Ellen, sleep too little. They go to school, and they work, too. They also spend time with their friends. They're always busy and they think that sleep doesn't matter. But scientists say the brains of teenagers are still developing, and sleep is a very important part of the development. When teens sleep less than six hours, they can't think clearly. That is not very helpful for a student who is taking an exam

READ ON TWO

1. **MAIN IDEA.** What is the most important idea of the story? Circle the letter.

- 1. Sleep helps our memory and brain development.
- 2. Many college students stay up all night to study and don't sleep.
- 3. Doctors showed a picture to 24 people they were studying.

2. **JUST THE FACTS.** Check (✓) True or False. If a sentence is false, change it to make it true.

	True	False
1. Ellen slept well the night before the history exam. <i>Ellen did not sleep the night before the history exam.</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Many college students don't sleep at all before exams.	<input type="checkbox"/>	<input type="checkbox"/>
3. There were 24 people in each group in the study.	<input type="checkbox"/>	<input type="checkbox"/>
4. The two groups looked at a picture.	<input type="checkbox"/>	<input type="checkbox"/>
5. Both groups went to sleep that night.	<input type="checkbox"/>	<input type="checkbox"/>
6. A few days later, everyone did well.	<input type="checkbox"/>	<input type="checkbox"/>

3. **LEARN NEW WORDS.** Choose the correct words. Write them on the lines.

~~All night~~ a lot at all developing development forget remember too little

- 1. Sometimes college students stay awake and study all night. They don't sleep _____ the night before an exam.
- 2. Sleep is important. When we learn something new, sleep helps us _____ it. When we don't sleep, we can _____ new things.
- 3. Many teenagers are very busy. They sleep _____. They don't have _____ of time to sleep.
- 4. Ellen is young and her brain is still _____. Sleep is an important part of her brain's _____.

READ ON TWO

4. **TALK IT OVER.** In a group, talk about the sentences below. Which group does each sentence describe? Put a check (✓) in the correct column.

SENTENCES	GROUP 1	GROUP 2
1. This group looked at a picture.	✓	✓
2. This group went to sleep that night.		
3. This group did not go to sleep that night.		
4. The people in this group could not remember the picture very easily a few days later.		
5. The people in this group did well a few days later.		

5. **WRITE IT DOWN.** Choose Group 1 or Group 2 from Activity 4. Pretend that you are in that group. Write a paragraph. Describe what happened in your group.

I was in Group _____ *This is what happened first.*

6. **THINK IT OVER.** Look at the question below. Circle your answer. Then write your reasons. Share your answer with a partner.

Do you think Ellen did well on her history exam? Yes No

I think she (did/didn't) do well because _____

7. **TAKE A SURVEY.** How many hours do you sleep at night? Ask five classmates. Write your classmates' names and answers in the chart. Who sleeps the most?

NAME	NUMBER OF HOURS	NAME	NUMBER OF HOURS
<i>Susan</i>	<i>7</i>		

CHAPTERS 9 AND 10 – ACTIVITY

1. **TIE IT TOGETHER.** With a partner, complete the chart below. Check (✓) the correct person.

	STACY TYLER	ELLEN SIMS
1. She is a college student.	✓	✓
2. She wants to go to college.		
3. She had an important history test.		
4. She studied all night.		
5. She had an important problem.		
6. She went to sleep that night.		
7. She dreamed about her problem.		
8. She didn't sleep the night before the test.		

2. **THINK IT OVER.** In Chapters 9 and 10, doctors say that sleep is important for different reasons. What are the reasons in each chapter? Write your answers. Then share them with your classmates.

WHY IS SLEEP IMPORTANT?	
Chapter 9: Dream On	<i>It is important because</i>
Chapter 10: Remember to Sleep	<i>It is important because</i>

3. **WRITE IT DOWN.** How much do you sleep? Do you think you need more sleep? Why or why not? Complete the sentences.

I sleep _____ hours every night. I (need/don't need) more sleep because _____

4. **JUST FOR FUN.** Complete the activity with a partner.

1. Unscramble the following sentences.

Example:

Our use we us to can dreams help

Problem Stacy dreams in her solved her

Do test students not before Some a sleep

2. Now write two scrambled sentences. Ask your partner to unscramble them.

5. **GO ONLINE.** Dr. Gayle Delaney wrote many books about dreams. Use an Internet search engine like Google and type in "Dr. Gayle Delaney." Find the title of one of her books. Write it here:
