

# Teen Sleep

Readings, Comp Questions, & a  
Crossword from *EnglishHints*



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- Motivation/Comprehension Questions
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## Teaching Suggestions & Links

Getting enough sleep is an issue for most of us, but perhaps even more so for high school students. Here are suggestions for an article and a video on sleep and why it matters.

The PBS article <http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/from/sleep.html> discusses how sleep affects the teen brain, and the TED Ed video ( <http://ed.ted.com/lessons/the-benefits-of-a-good-night-s-sleep-shai-marcu> ) explains why sleep is a better preparation than cramming for a test or a piano recital. There is also a set of questions as an introduction and follow up, and a crossword to practice sleep vocabulary.

There is a lot of material on the Internet about sleep, but much of it is written in complex language or not really interesting to kids. Even the PBS article that I felt would be most helpful is rather long, but to me it's useful enough to be worth it. The TED Ed video is quite short, but has no written transcript. I would use them both, as they each add useful information.

As a warm-up, to "activate prior knowledge" and arouse curiosity, pass out the question sheet ("How much do you really know about sleep?") The questions are all based directly (and in order) on the TED Ed video and the PBS article, so it can serve as a check and review as students watch the video and read through the article. You might want to let students fill it out in pairs, especially if their English is limited.

Before showing the video and again as you pass out the article, suggest that students listen and look especially for the answers to these questions. Ask them to go over the questions again afterwards to make any corrections necessary.

(If the NPR article is too long for your class, it splits up well for a "jigsaw reading." Ask everyone to read the two introductory paragraphs and later the conclusion ("Learning Good Sleep Habits.") Then have half the students (for example, one from each pair, or two from every group of four if they need help in working out the meaning) read about the Biological Clock and Sleep Debt, and the other half read "Sleep, Learning, and Memory." Pair students from group A with those from group B to teach the other at least (two or) three important things they learned, and have them go over the questions together.

You might do a class de-briefing afterwards, to make sure they all understood. Also ask what they already knew and what they found surprising. The crossword will help reinforce possibly new vocabulary. If you want, you can check their retention of vocabulary and main ideas by giving them the questions as a quiz a day or so later.

name \_\_\_\_\_

## How Much Do You Really Know About Sleep?

1. What happens when you sleep? Put an 'X' on the line in front of each true statement.

- ☐ A. Your muscles grow stronger.
- ☐ B. Your mind becomes inactive and rests.
- ☐ C. Your brain makes new connections between what you just learned and your prior knowledge.
- ☐ D. Your body regulates its systems, including breathing, growth, and the immune system.
- ☐ E. Dreams both explain the past and foretell the future.
- ☐ F. You restructure your brain to put newly learned facts and skills into long-term memory.

☐ 2. True or False: REM (rapid eye movement) sleep helps you remember facts you have learned.

3. Which of these is NOT true: The "biological clock" (circadian rhythm)

- ☐ A. helps makes people sleepy at night.
- ☐ B. helps people who are the most tired fall asleep most easily.
- ☐ C. keeps teens awake later than young children.
- ☐ D. can make it hard for travelers to sleep even if it is late at night in the place they have just arrived.

4. The combination of teens' 'biological clock' keeping them up late, and school starting early in the morning can lead to a "sleep debt." One consequence of this sleep debt can be:

- ☐ A. Teens learn less money than adults.
- ☐ B. Teens may stay up late talking on their phones, watching T.V., or playing video games.
- ☐ C. Teens may be less alert, or even fall asleep when they drive, sometimes causing accidents.
- ☐ D. Teens are ready to go to bed early in the evenings.

5. (During sleep,)"Inside the brain, proteins strengthen the connections between nerve cells consolidating the new skills learned the day before. Then later, during REM, the brain re-enacts the lessons from the previous day and solidifies the newly-made connections through the memory banks." This means that:

- ☐ A. A good night's sleep after learning a new skill helps you become better at it.
- ☐ B. Sleep helps make the nerve connections that you made when practicing a skill stronger.
- ☐ C. Sleep lets you re-enact your day so you can change what happened and feel better about it.
- ☐ D. Both A & B.
- ☐ E. Both A and C.

☐ 6. True or False: You can reset your body clock by making your bedroom cool and dark, turning off electronic devices, and going to bed at the same time each night.

7. Can "sleeping in" (sleeping late) on weekends help you get enough sleep?

- ☐ A. Yes, if you don't sleep in too long.
- ☐ B. Yes, sleep in as long as you need to "pay off" your sleep debt.
- ☐ C. No-- it just confuses the body clock.

## Answers:

1. What happens when you sleep? Put an 'X' on the line in front of each true statement.

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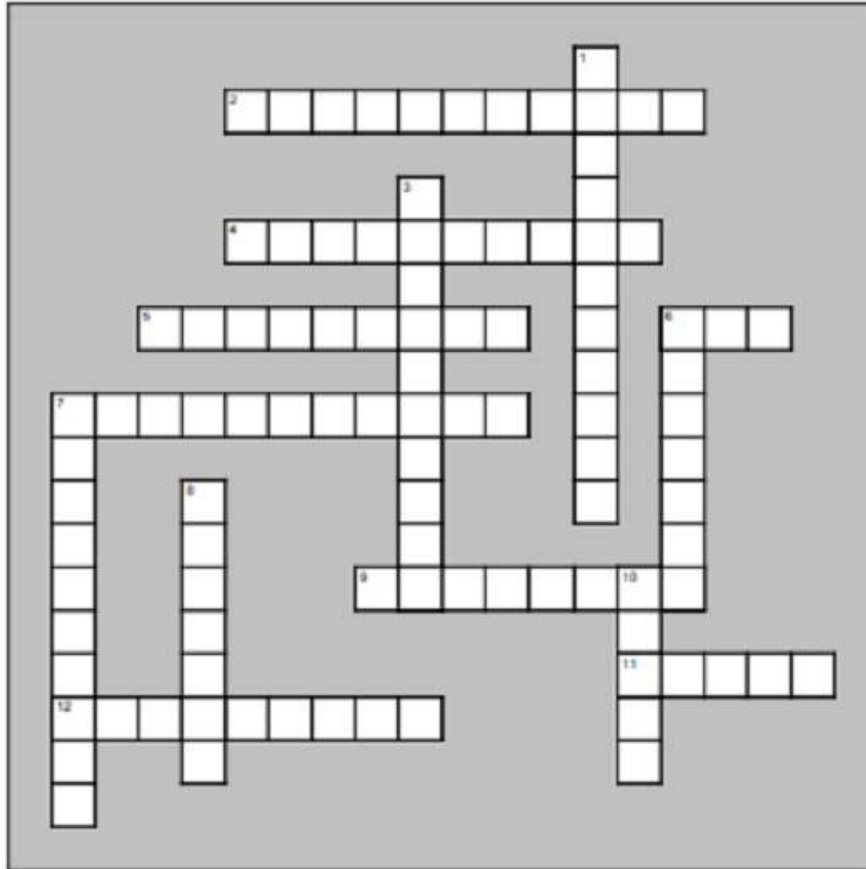
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Name \_\_\_\_\_

# Sleep Vocabulary Crossword

Solve the crossword using the list of words and the clues.



declarative  
awake  
drowsiness  
procedural  
restful  
optimal  
wakefulness  
alert  
cyclical  
circadian  
REM  
exhausted  
deficiency  
deprivation

## Across

2. a condition of being fully conscious
4. a type of memory that reminds you of how to do something
5. \_\_\_\_\_ rhythm-- the natural cycle of time awake and sleeping (also called the biological clock)
6. initials (first letters of words) for a sleep stage showing rapid eye movement
7. not getting (enough of) something that is needed
9. happening over and over
11. able to pay attention
12. extremely tired

## Down

1. a type of memory that stores information
3. a shortage of something

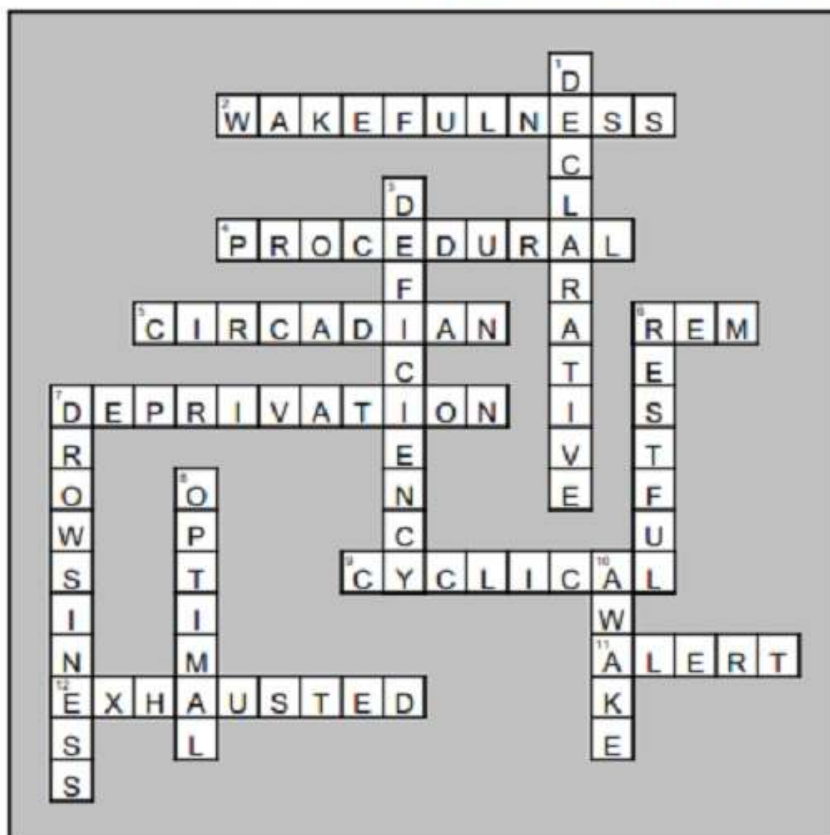
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7. sleepiness
8. the best
10. not asleep

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