Name: _____ Date: _____

What Your Brain Tidies Up While You Sleep

Circle group

When you close your eyes at night, your brain does not turn off. It stays busy. Some of its work only happens in sleep.

Sleep comes in cycles. In a light part, it is easy to wake up. In a deep part, your body is still and relaxed. Dreams are usually in another part, when your eyes move under your lids. You go through these parts again and again.

Scientists think sleep helps the brain sort out what you learned. It may be like a librarian who puts books back on shelves. That may be why good sleep helps you remember spelling words.

Sleep also helps you grow and repair. Kids need more sleep than grown-ups. A set bedtime and a quiet room help.

Questions

1. Does your brain turn off when you sleep?

_____

_____

2. What are the stretches of sleep called?

_____

_____

3. When do dreams usually happen?

_____

_____

4. What is the brain compared to during sleep?

_____

_____

5. Who needs more sleep, kids or grown-ups?

_____

_____

6. Why might good sleep help you with spelling words?

_____

_____

Words to know

cycles: sets of steps that happen over and over in the same order
relaxed: calm and loose, not tight
librarian: a person who takes care of a library and its books
repair: to fix something so it works well again
bedtime: the time you go to bed

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

What Your Brain Tidies Up While You Sleep

Triangle group

When you close your eyes at night, you might think your brain turns off. It does not! Your brain stays busy, and some of its work happens only during sleep.

Sleep comes in stretches called cycles. In a light part of a cycle, you are easy to wake up. In a deeper part, your body is very still and very relaxed. Dreams usually happen in another part, when your eyes move beneath your lids. Over the night, you go through these parts again and again.

Scientists think sleep helps the brain sort out what you learned during the day. It may be like a librarian putting books back on the right shelves. That could be one reason a good night's sleep helps you remember spelling words or the steps of a game.

Sleep also helps your body grow and repair itself. Kids need more sleep than grown-ups do. A regular bedtime, a quiet room, and no screens right before bed can help you drift off.

Questions

1. Does your brain turn off when you sleep?

_____

_____

2. What are the stretches of sleep called?

_____

_____

3. When do dreams usually happen?

_____

_____

4. What does the story compare the brain to during sleep?

_____

_____

5. Who needs more sleep, kids or grown-ups?

_____

_____

6. Why might sleeping well before a spelling test help you?

_____

_____

Words to know

cycles: sets of steps that happen over and over in the same order
relaxed: calm and loose, not tight
librarian: a person who takes care of a library and its books
repair: to fix something so it works well again
bedtime: the time you go to bed

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

What Your Brain Tidies Up While You Sleep

Square group

When you close your eyes at night, you might assume that your brain simply switches off. It does not! Your brain remains remarkably busy, and some of its most important work happens only while you are asleep.

Sleep arrives in stretches called cycles. During a light part of a cycle, you are easy to wake. During a deeper part, your body is very still and completely relaxed. Dreams usually occur in yet another part, when your eyes move beneath your eyelids. Throughout the night, you pass through these parts again and again.

Scientists believe that sleep helps the brain sort out everything you learned during the day. It may resemble a librarian carefully returning books to the proper shelves. That could be one reason a good night's sleep helps you remember spelling words or the rules of a new game.

Sleep also helps your body grow and repair itself. Kids need more sleep than grown-ups do. A regular bedtime, a quiet bedroom, and avoiding screens right before bed can help you drift off peacefully.

Questions

1. Does your brain switch off when you sleep?

_____

_____

2. What are the stretches of sleep called?

_____

_____

3. When do dreams usually occur?

_____

_____

4. What is the brain compared to during sleep?

_____

_____

5. Who needs more sleep, kids or grown-ups?

_____

_____

6. Why might a good night's sleep help you before a spelling test?

_____

_____

Words to know

cycles: sets of steps that happen over and over in the same order
relaxed: calm and loose, not tight
librarian: a person who takes care of a library and its books
repair: to fix something so it works well again
bedtime: the time you go to bed

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: What Your Brain Tidies Up While You Sleep

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: What Your Brain Tidies Up While You Sleep

Easier · 125 words · Flesch-Kincaid grade 2.2

1. No, it stays busy.
2. Cycles.
3. When your eyes move under your lids.
4. A librarian who puts books back on shelves.
5. Kids.
6. Sleep helps the brain sort and remember what you learned.

Triangle: What Your Brain Tidies Up While You Sleep

This passage · 166 words · Flesch-Kincaid grade 3.8

1. No, it stays busy.
2. Cycles.
3. In a part of the cycle when your eyes move beneath your lids.
4. A librarian putting books back on shelves.
5. Kids.
6. Sleep helps the brain sort and remember what you learned.

Square: What Your Brain Tidies Up While You Sleep

Harder · 175 words · Flesch-Kincaid grade 6.2

1. No, it remains busy.
2. Cycles.
3. In a part of the cycle when your eyes move beneath your eyelids.
4. A librarian returning books to the proper shelves.
5. Kids.
6. Sleep helps the brain sort and remember what you learned.