Name: _____ Date: _____

What Happens When You Sleep

Circle group

You might think your body just switches off when you sleep. But a lot is going on. Your brain stays busy all night. Your heart keeps beating. You keep breathing, but both slow down a little. Sleep is when the body does important repair work.

Sleep comes in cycles. Each lasts about an hour and a half. A cycle starts with light sleep. It is easy to wake up then. Next comes deep sleep. Your breathing is slow and steady. It is hard to wake you. Much of the body's growth hormone comes out in deep sleep. That helps children grow and helps muscles recover. Later comes REM sleep. Your eyes move fast under your eyelids. Most vivid dreams happen then. You go through several cycles in a night.

Scientists have found that sleep helps the brain store what you learned. Things you practice before bed are often easier to remember in the morning. A tired brain has more trouble paying attention. Tired people also tend to feel grumpy.

Kids from six to twelve need about nine to twelve hours of sleep each night. A regular bedtime helps. So does a dark, quiet room. Put screens away before bed.

Questions

1. Does the brain switch off during sleep?

_____

_____

2. How long does one sleep cycle last?

_____

_____

3. How much sleep do kids between six and twelve need?

_____

_____

4. Why might a student do worse on a test after a very late night?

_____

_____

5. Why is deep sleep important for children?

_____

_____

Words to know

cycles: sets of stages that repeat in the same order
hormone: a chemical made in the body that sends messages
recover: to get back strength after being tired or hurt
vivid: very clear and full of detail
regular: happening at the same time every day

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 Happens When You Sleep

Triangle group

It might seem that your body simply switches off when you fall asleep, but a lot is going on. Your brain stays busy all night. Your heart keeps beating and you keep breathing, although both slow down a little. Sleep is a time when the body does important repair work.

Sleep comes in cycles that last about an hour and a half each. A cycle begins with light sleep, in which it is easy to wake up. Next comes deep sleep, when your breathing is slow and steady and it is hard to wake you. Much of the body's growth hormone is released during deep sleep, which helps children grow and helps muscles recover. Later in the cycle comes a stage called REM sleep, when the eyes move quickly beneath the eyelids and most vivid dreams happen. Over a night, you pass through several cycles.

Scientists have found that sleep helps the brain store what you learned during the day. Facts and skills practiced before bed are often easier to remember the next morning. A tired brain has more trouble paying attention, and tired people also tend to feel grumpy.

Children between six and twelve years old need about nine to twelve hours of sleep each night. A regular bedtime, a dark and quiet room, and putting screens away before bed can help you fall asleep and stay asleep.

Questions

1. Does the brain switch off during sleep?

_____

_____

2. About how long does one sleep cycle last?

_____

_____

3. How many hours of sleep do children between six and twelve need?

_____

_____

4. Why might a student do worse on a test after staying up very late?

_____

_____

5. Why is deep sleep important for children?

_____

_____

Words to know

cycles: sets of stages that repeat in the same order
hormone: a chemical made in the body that sends messages
recover: to get back strength after being tired or hurt
vivid: very clear and full of detail
regular: happening at the same time every day

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 Happens When You Sleep

Square group

It might appear that your body simply switches off when you fall asleep, but an astonishing amount of activity continues. Your brain remains busy throughout the night, and your heart keeps beating and your lungs keep breathing, although both slow down somewhat. Sleep is a period when the body carries out essential repair work.

Sleep arrives in cycles that last roughly an hour and a half apiece. A cycle begins with light sleep, during which it is easy to wake up. Next comes deep sleep, when your breathing is slow and steady and it is quite difficult to rouse you. Much of the body's growth hormone is released during deep sleep, which helps children grow and helps their muscles recover. Later in the cycle comes a stage called REM sleep, when the eyes dart rapidly beneath the eyelids and most vivid dreams take place. Over the course of a night, you pass through several of these cycles.

Scientists have discovered that sleep helps the brain store what you learned during the day. Facts and skills that you practiced before bedtime are frequently easier to remember the following morning. A tired brain struggles to pay attention, and tired people also tend to feel irritable.

Children between six and twelve years old need about nine to twelve hours of sleep every night. Keeping a regular bedtime, sleeping in a dark and quiet room, and putting screens away before bed can all help you fall asleep and stay asleep.

Questions

1. Does the brain switch off when a person falls asleep?

_____

_____

2. About how long does a single sleep cycle last?

_____

_____

3. How many hours of sleep do children between six and twelve need each night?

_____

_____

4. Why might a student perform poorly on a test after staying up very late?

_____

_____

5. Why is deep sleep especially important for children?

_____

_____

Words to know

cycles: sets of stages that repeat in the same order
hormone: a chemical made in the body that sends messages
recover: to get back strength after being tired or hurt
vivid: very clear and full of detail
regular: happening at the same time every day

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 Happens When You Sleep

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

Circle: What Happens When You Sleep

Easier · 199 words · Flesch-Kincaid grade 2.2

1. No. It stays busy all night.
2. About an hour and a half.
3. About nine to twelve hours.
4. A tired brain has trouble paying attention, and sleep helps store what was learned.
5. Much growth hormone comes out then, which helps them grow and helps muscles recover.

Triangle: What Happens When You Sleep

This passage · 229 words · Flesch-Kincaid grade 5.6

1. No. It stays busy all night.
2. About an hour and a half.
3. About nine to twelve hours.
4. A tired brain has trouble paying attention, and sleep helps the brain store what was learned.
5. Much growth hormone is released then, which helps them grow and helps muscles recover.

Square: What Happens When You Sleep

Harder · 246 words · Flesch-Kincaid grade 7.9

1. No. It remains busy throughout the night.
2. Roughly an hour and a half.
3. About nine to twelve hours.
4. A tired brain struggles to pay attention, and sleep helps the brain store what was learned.
5. Much of the body's growth hormone is released then, which helps them grow and helps their muscles recover.