

Getting to Sleep

Read the article about getting to sleep and answer the questions below.

Sleep is very important. It's just as important for your body as eating and exercising. If you don't get enough sleep, then you won't be able to enjoy yourself. Going out with friends, playing sports or even watching movies will not be much fun if you're tired.

People of all ages need sleep, but different people need different amounts. Babies sleep about twice as much as they stay awake. Teenagers need about eight to ten hours a night, and older people need less. But one person may need more than another even if they are both the same age.

Six out of ten children say they are tired during the day, which means they are not getting enough sleep. So how can you get to sleep? A good idea is to write down what you are thinking about before you go to bed. Then, make sure your bedroom is as dark as possible, and it isn't too hot or too cold. You can also try reading a book. Don't drink soft drinks or use your phone before going to bed. However, playing games on your computer is the main one to avoid!

1. What is more important doing?
 - A. Sleeping and eating are more important.
 - B. Sleeping and exercising are more important.
 - C. Sleeping, eating and exercising are all important.
2. What do babies spend more time doing?
 - A. Sleeping
 - B. Staying awake
 - C. Eating
3. Who needs less sleep?
 - A. Babies
 - B. Teenagers
 - C. Older people
4. What may stop you from sleeping?
 - A. The bedroom is too dark.
 - B. Feeling too hot.
 - C. Reading a book.
5. What is the worst thing to do before going to bed?
 - A. Using your phone.
 - B. Playing online.
 - C. Drinking softs drinks.