A Sleep Quiz

Directions: Read “Hey You! Wake Up!” and “The Story of Sleep.” Then answer the questions below.

1. The purpose of “Hey You! Wake Up!” is to
   A. convince teenagers not to watch TV at night.
   B. explain how to get a better night’s sleep.
   C. closely analyze the many accidents that have occurred because of lack of sleep.
   D. inform readers about sleep deprivation and the ways in which it is harmful.

2. According to the article, what is a major reason that teenagers need plenty of sleep?
   A. More than half of all teens use their cell phones at night, making it harder for them to fall asleep.
   B. Many teens don’t have regular sleep schedules.
   C. During adolescence, lack of sleep can cause permanent damage to the brain.
   D. Drowsy driving causes more than 100,000 car accidents every year.

3. “You’re better off picturing a tranquil scene, like a quiet beach.” In this caption on page 11, context clues reveal that tranquil means
   A. sunny.
   B. sleepy.
   C. peaceful.
   D. empty.

4. Both the article and the infographic claim that
   A. you shouldn’t do homework in bed.
   B. napping for brief periods of time is a good thing.
   C. using technology before going to bed makes it harder to fall asleep.
   D. anxiety keeps your brain awake and can prevent you from sleeping.

5. Which would make the best alternate headline for the article “Hey You! Wake Up!”?
   A. “Flies and Rats Can Die From Lack of Sleep”
   B. “Is Sleep Deprivation Ruining Your Life?”
   C. “Hey You, Stop Texting Me at Night!”
   D. “The Dangers of Dreaming”

6. Which sentence best explains how Thomas Edison changed society’s sleeping habits?
   A. Light bulbs made rooms too bright for people to sleep at night.
   B. Many people bought his affordable light bulbs.
   C. Light bulbs allowed factories and other businesses to hire workers for night shifts.
   D. Artificial light allowed people to stay up later, causing them to sleep less at night.

7. Which quote BEST conveys the author’s belief that lack of sleep is a serious problem?
   A. “He became moody, forgetful, paranoid.”
   B. “In adults, it affects concentration, health, job performance, and mood.”
   C. “During puberty, that clock shifts.”
   D. “Sleep is regulated by two systems.”

8. Information about how a messy bedroom can keep you awake would best fit in which section?
   A. “Permanent Damage”
   B. “A Wonky Clock”
   C. the introduction
   D. the infographic “The Story of Sleep”

Directions: Write your answers on the back of this paper or type them up on a computer.

9. What factors affect sleep in teens? Why does Mary Carskadon call these factors a “perfect storm” for a sleep deficit? Use details in the article and the infographic in your answer.

10. Should school start later in the day? Explain your opinion, and use text evidence to support it.