



Sleep Science and Health

Reading Worksheet — Level C | tahricteaches.com

Every night, your body needs **sleep**. Sleep helps you feel good and stay strong. When you sleep, you close your eyes and stop working. Your body gets **rest** and feels calm.

Sleep is very important for your **brain**. When you sleep, your brain saves the things you learned that day. This helps you remember words, names, and numbers. If you do not sleep, it is hard to think.

While you sleep, you may have a **dream**. A dream is like a little story in your mind. Some dreams are fun, and some dreams are strange. In the morning, you often forget them.

Children need more sleep than adults. Kids should sleep about ten hours each night. Adults need about eight hours. When you sleep enough, you have more **energy** the next day. You can play, run, and study better.

Good sleep keeps you healthy. Go to bed at the same time each night. Turn off your phone and lights. Do not drink cola before bed. These small steps help you sleep well. A good sleep habit is a gift to your body every single day and night.

A. Vocabulary

- | | |
|-----------------|---|
| 1. sleep ____ | a. something you do often, again and again |
| 2. rest ____ | b. feeling that you need sleep or rest |
| 3. brain ____ | c. strong and not sick |
| 4. dream ____ | d. rest with eyes closed, usually at night |
| 5. tired ____ | e. stop working so your body can relax |
| 6. energy ____ | f. part of your body inside your head that thinks |
| 7. healthy ____ | g. pictures or a story in your mind while you sleep |
| 8. bedtime ____ | h. power to move, play, and do things |
| 9. habit ____ | i. time when you go to sleep |
| 10. relax ____ | j. become calm and not worried |

B. True or False

- | | |
|---|--|
| ____ 1. Your body needs sleep every night. | ____ 2. Sleep helps your brain remember things. |
| ____ 3. A dream is a real animal in your bed. | ____ 4. Children need less sleep than adults. |
| ____ 5. Kids should sleep about ten hours each night. | ____ 6. Good sleep gives you more energy the next day. |

____ 7. You should drink cola before bed.

____ 8. Turning off lights can help you sleep well.

____ 9. If you do not sleep, it is easy to think.

____ 10. A good sleep habit is good for your body.

C. Fill in the Blanks

Word Bank: sleep, brain, dream, energy, healthy, tired, relax, bedtime

1. At night, your body needs _____ to feel good.
2. Your _____ saves the things you learned today.
3. A _____ is like a little story in your mind.
4. When you sleep enough, you have more _____ the next day.
5. Good sleep keeps you _____ and strong.



D. Comprehension Questions

1. Why is sleep important for your brain?
2. How many hours should children sleep each night?
3. What are two things you can do to sleep well?

E. Discussion Questions

1. What do you do before you go to sleep at night?
2. Do you remember your dreams? Tell about a fun or strange dream.



Answer Key

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A. Vocabulary: 1-d, 2-e, 3-f, 4-g, 5-b, 6-h, 7-c, 8-i, 9-a, 10-j

B. True/False: 1-T, 2-T, 3-F, 4-F, 5-T, 6-T, 7-F, 8-T, 9-F, 10-T

C. Fill Blanks: 1-sleep, 2-brain, 3-dream, 4-energy, 5-healthy

D. Comprehension:

1. Sleep helps your brain save and remember the things you learned that day.
2. Children should sleep about ten hours each night.
3. You can go to bed at the same time and turn off your phone and lights.

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