

PAIRED TEXTS: “Hey You! Wake Up!” and “The Story of Sleep” • SKILL: Reading Comprehension

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.