

WHY SLEEP MATTERS

ENGLISH 9 | 45 min

Zusatzmaterial - Leseverstehen

Name: _____

Date: _____

READING TEXT

Many teenagers sleep less than experts recommend. Homework, early school times and late phone use all play a role. During sleep, the brain organises information and the body recovers. A lack of sleep can affect concentration, mood and reaction time. Going to bed at exactly the same time is not always possible, but a regular routine and fewer bright screens before bed can make falling asleep easier.

VOCABULARY STRATEGY

Do not translate every word. First read for the main idea. Then use the sentence around an unknown word to guess its meaning.

FIRST READING - note the key information

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TASKS

1. Who is the text mainly about?

2. Where does the main action happen?

3. Write down two important details from the text.

4. What problem, change or decision is described?

5. Find one word or phrase that shows an opinion, feeling or result.

6. Summarise the text in two or three English sentences.

7. What can the reader learn from the text? Give a reason.

SUGGESTED ANSWERS - wording may differ

1. Teenagers.
2. At home and school.
3. Sleep helps the brain organise information and the body recover.
4. Homework, early school and phone use can reduce sleep.
5. Accept an exact phrase from the text that fits the question.
6. Sample: The text focuses on Teenagers. It explains that homework, early school and phone use can reduce sleep.
7. Open answer: accept a suitable title or a justified lesson.