Name _____ Date _____

Reading: Why We Need Sleep

Grade 4 Nonfiction. Read the text. Then answer the questions.

Why We Need Sleep

Kids between the ages of six and twelve need about nine to twelve hours of sleep each night. While you sleep, your body repairs itself and grows. Your brain also sorts through everything you learned during the day and stores it as memories. That is why a good night of sleep helps you pay attention and do better at school. When kids do not get enough sleep, they often feel grumpy and find it harder to focus.

Circle the best answer for questions 1 to 3.

1. What is the main idea of this text?

A. Sleep is important for your body and brain.
B. Kids should eat breakfast.
C. School starts early.

2. About how many hours of sleep do kids need?

A. five to six
B. nine to twelve
C. fifteen to twenty

3. In this text, the word focus means...

A. to play outside
B. to pay close attention
C. to fall asleep

4. Write one thing that can happen when kids do not get enough sleep.

_____

_____

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