

# All About Sleep

## Reading Comprehension Passage

### All About Sleep

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Answer the following questions.

1. Why is sleep important to our bodies and brains?
2. How many hours of sleep do most kids need each night?
3. What are some consequences of not getting enough sleep?
4. What important things do our bodies do while we sleep?
5. What are the different stages of sleep that our bodies go through?
6. What is the significance of REM sleep?
7. How can we make sure we get a good night's sleep?
8. Why is having a bedtime routine important for sleep?
9. What kind of sleep environment is recommended for a good night's sleep?
10. Why is getting enough sleep crucial for our health and well-being?

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### All About Sleep

Do you ever wonder why we need to sleep? Well, sleep is very important for our bodies and brains to stay healthy and strong. When we sleep, our bodies get a chance to rest and recharge. Just like how we need to charge our phones at night, our bodies need to recharge too!



Did you know that kids need more sleep than adults? Most kids need about 9-11 hours of sleep each night to feel their best. When we don't get enough sleep, we can feel grumpy, tired, and have a hard time concentrating in school. That's why it's so important to make sure we get enough sleep each night.

But why do we even need to sleep in the first place? Well, when we sleep, our bodies are busy doing all sorts of important things. Our brains are busy organizing and storing all the things we learned that day. This is why it's important to get a good night's sleep before a big test or exam. Our bodies are also busy repairing any damage that happened during the day, like when we get a cut or scrape. Sleep helps our bodies heal faster.

There are different stages of sleep that our bodies go through each night. We start off in light sleep, where our bodies are starting to relax and slow down. Then we move into deeper sleep, where our bodies are fully relaxed and our brains are busy working. Finally, we enter a stage called REM sleep, where our brains are very active and we have dreams.

So, how can we make sure we get a good night's sleep? One way is to have a bedtime routine. This can include things like reading a book, taking a warm bath, or listening to calming music. It's also important to have a comfortable and quiet sleep environment, with a cozy bed and no distractions like screens or lights.

Remember, getting enough sleep is super important for our health and well-being. So, make sure to get those ZZZs each night and you'll be feeling your best in no time!

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### All About Sleep

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Mark up this passage.

1. Sleep is not important for our bodies and brains to stay healthy and strong.
2. Kids need less sleep than adults.
3. When we don't get enough sleep, we can feel grumpy, tired, and have a hard time concentrating in school.
4. Our bodies do not do anything important while we sleep.
5. Having a bedtime routine is not helpful for getting a good night's sleep.

#### Write answer questions.

1. Why do we need to sleep?
2. How many hours of sleep do most kids need?
3. What happens during REM sleep?
4. What are some ways to ensure a good night's sleep?
5. Why is sleep important for our bodies?

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# Sleep Hacks Reading Comprehension 2025

**Jennifer LeBlanc Thibodeaux**



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