

The Sleep Cycle

Main Idea and Supporting Details

Grades
3-5

The Sleep Cycle
Main Idea and Supporting Details

Circle the sentence that states the main idea.
Highlight the sentence that best supports the main idea.



A regular part of a person's life is getting sleep, and there are several parts of that process. Sleep is known as "getting off" the first stage of the sleep cycle is falling asleep. That is followed by the second stage of sleep, light sleep. The third stage of sleep is deep sleep, when a person is very relaxed. The final stage of sleep is called the REM cycle. Right after awakening, a person is in the first stage of the sleep cycle.

Write three supporting details below.

- 1
- 2
- 3

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