

Go to Bed!

Do you ever stay up too late? Do you get out of bed and ask for water? Or do you try to watch TV for a little longer?

If you do, then in the morning you might be very tired. You could be grumpy and find it hard to get out of bed. You might be falling asleep at school. You could find it hard to think.

Your body needs rest. It gets rest when you sleep. You need to sleep ten hours or more every night. When you give your body rest, it can help you work at school better. If you are sick, sleep will help your body heal. When you are not tired, you will be in a happy mood. Best of all, you can play more when you have had enough rest!

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1 Circle the main idea.

- A. Stay up late and watch TV.
- B. Sleep will help your body.
- C. You need ten hours of sleep.



2 Sleep will NOT help your body _____.

- A. work more
- B. get sick
- C. play more

3 If you don't get enough rest, you could be _____.

- A. happy
- B. ready
- C. tired

4 The body gets rest when you _____.

- A. sleep
- B. go to school
- C. watch TV

5 You should sleep for _____ or more every night.

- A. 15 hours
- B. 10 days
- C. 10 hours

6 Put the sentences in order from the story.

- | | | | |
|--------------------------|----------------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | Sleep will help you heal. | <input type="checkbox"/> | Do you get out of bed? |
| <input type="checkbox"/> | You could fall asleep at school. | <input type="checkbox"/> | You will be in a happy mood. |

7 Match the vocabulary words with their definitions.

- | | | |
|--------------------------|--------|------------------|
| <input type="checkbox"/> | tired | A. get better |
| <input type="checkbox"/> | grumpy | B. figure out |
| <input type="checkbox"/> | think | C. in a bad mood |
| <input type="checkbox"/> | heal | D. need to sleep |

8 Write a sentence using a vocabulary word.
