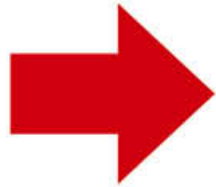




Are You Ready?

Listen to me.



Eyes on me.



FAST READING

Classic English Junior Level 6 - Unit 11 Body and Health

Lesson

6

How Do I Fall Asleep?



Lesson Structure

1	Learning Objective
2	Warm-up
3	Reading Preparation—Vocabulary
4	Genre
5	Fast Reading
6	Wrap-up

You are going to read an article called “How Do I Fall Asleep?”.

In the article you will learn:



Genre

Informational text



Key Words and Phrase

necessary, unable, relax, breath, rapid, fall asleep,
habit, routine

Warm-up

02:00

Which of the following activities should you do before bed?



watch TV



take a warm bath



exercise



play with your phone



What do you do before bed?



Let's Go!



Reading Preparation—Vocabulary

02:00

Learn and say.



nec·es·sar·y *adj*



It's **necessary** to use sunblock at the beach.



un·a·ble *adj*



Tom is **unable** to write because he hurt his arm.

Explain a **key word** with your own words:

Reading Preparation—Vocabulary

02:00

Learn and say.

**re-lax** v

The monkey is **relaxing** in the hammock.

**breath** n

Not brushing your teeth may cause bad **breath**.

Use a **key word** to make a sentence:

Reading Preparation—Vocabulary

02:00

Learn and say.



rap·id *adj*



They are on a **rapid** river.



fall asleep



The cat always **falls asleep** in front of the fireplace.

Use a **key word** or **phrase** to ask a question:

Reading Preparation—Vocabulary

02:00

Learn and say.

**hab·it** *n*

Smoking is a very bad **habit**.

**rou·tine** *n*

Waking up at five o'clock every morning has become my daily **routine**.

Use a **key word** to make a sentence:



Let's Read!





A glossary, also known as _____, is an _____ list of terms with the _____.

Table of Contents

Why do we need to sleep?.....2



The stages of sleep.....4



Dreams8



Bedtime routines10



Glossary12



A glossary appears at the end of a book.



How Do I Fall Asleep?



Table of Contents

Why do we need to sleep?.....2



The stages of sleep.....4



Dreams8



Bedtime routines10



Glossary12





Why do we need to sleep?

Every living thing needs to sleep. Your mom, dad, your dog, baby lions – they all sleep. Just like eating, sleep is **necessary** for everyone. Your body and brain need rest from school, sports, homework and so on. **Without**

enough sleep, you may feel **tired** and **unable** to think clearly. More importantly, too little sleep will affect your growth.




What will happen if you don't get enough sleep?




The stages of sleep

It's ten o'clock at night. Your eyelids feel heavy and the room gets fuzzy. It's your brain telling you that it's ready for sleep.

Stage 1:  Your eyes are closed, but you can still hear your dog barking



outside or the sound from the TV.

Stage 2:  Your muscles **relax**, and your **breath** and heartbeat slow down.



What happens in stage 2?



The stages of sleep



Stage 3: It's hard to wake you up, but some people may sleepwalk or talk in their sleep.



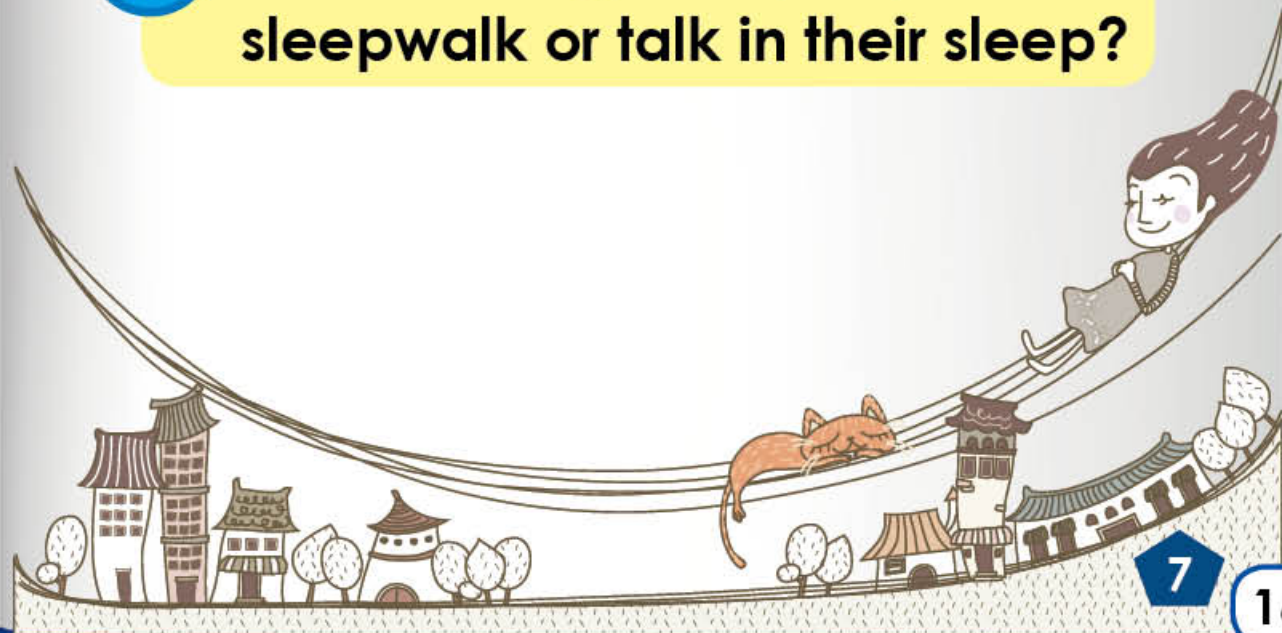
Stage 4: It's very hard to wake you up because you are in the deepest stage of sleep. And if somebody wakes you up, you're

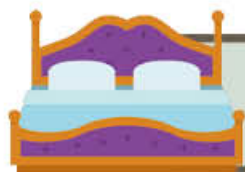
sure to be confused.

And you know what? You go into and out of stages 2, 3, and 4 about five times each night.



In which stage will people sleepwalk or talk in their sleep?





Dreams

Have you heard about REM? It stands for “**rapid** eye movement”, and it’s during REM sleep that you dream. If you wake up during REM sleep, you may remember what happened in your dream. Some people say that



dreams are what you were thinking about during the day, but no one knows for sure. Do you remember your last dream?



Can people remember their dreams?



Bedtime routines

Most kids have no problem with sleeping. But if you have a hard time **falling asleep**, maybe you have some bad **habits** before going to bed. Here are some tips you can follow to build a good bedtime **routine**:
Try to go to bed at the same time every night.

Don't drink too much tea or coffee.

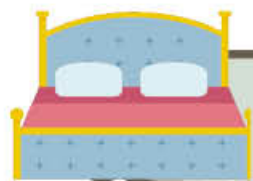
Don't watch TV or play with anything that has a screen before bed.

Don't exercise just before going to bed.



Which routine is hard for you to follow and why?





Glossary

eyelid: a piece of skin which covers your eyes when they are closed

fuzzy: unclear and hard to see or hear

habit: something that you usually do without thinking

Aa

Bb

Cc

Dd

Ee

necessary: needed

REM: “rapid eye movement”, it’s the stage where you dream during sleep

routine: a regular activity



What does “REM” stand for?

Wrap-up

01:00

I Can Do It

Today we read an informational text about how people fall asleep.

Genre

A feature of an informational text:

- Glossary

Key Words and Phrase

- necessary
- unable
- relax
- breath
- rapid
- fall asleep
- habit
- routine



See You Soon!

51TALK

