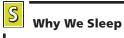


Which good sleep habit do you think people have the hardest time following?
Why?

Analyze

\_\_\_\_\_ Redding A-Z



How are REM sleep and NREM sleep alike? How are they different?

Compare and Contrast

\_ Redding A-Z



## Why We Sleep

What does the author mean when he writes, Remember, if you don't snooze, you might just lose?

Author's Point of View

Reading A-Z

S

## Why We Sleep

What do you think is the most important thing the author wants you to remember about sleep?

Main Idea and Details

Reading A-Z



## Why We Sleep

Would getting sleep be more or less important for an athlete than a non-athlete?

Why do you think that?

Evaluate

Redding A-Z



## **Why We Sleep**

Which foods may cause people to be sleepy after eating them?
Which foods may cause people to be more awake?

Cause and Effect

Reading A-Z