Name _____   Date _____

Instructions: Read each question carefully and choose the best answer.

1. What does our brain do while we sleep?

   Ⓐ Shuts off completely so we can relax and rest.

   Ⓑ Solidifies memories and information for long-term use.

   Ⓒ Teaches us new techniques and skills.

   Ⓓ Sends us hidden messages through dreams.

2. If you jerk awake, imagining you are falling, what stage of sleep are you most likely in?

   Ⓐ stage 1 NREM

   Ⓑ stage 2 NREM

   Ⓒ stage 3 NREM

   Ⓓ REM

3. If you see someone automatically falling asleep at any time, which of the following disorders might you conclude they have?

   Ⓐ insomnia

   Ⓑ sleepwalking

   Ⓒ night terrors

   Ⓓ narcolepsy

4. According to the author, why is sleep so important for infants?

   Ⓐ Infants need to sleep to transfer memories to their long-term storage.

   Ⓑ Infants are a lot of work for their parents, so sleeping allows their parents to take a break.

   Ⓒ Infants double their birth weight in five months, and that rate of growth can only happen if they sleep a lot.

   Ⓓ Infants need to stay healthy, so they sleep to protect themselves from germs.

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5. Read this sentence from the book: *To understand how sleep works, researchers **monitor** brain activity, eye movement, breathing rates, and heart rates in sleeping people.* Which sentence uses the word **monitor** in the same way?

(A) The computer monitor is smaller than the television in the room.

(B) The mother will monitor her son's temperature to see if his cold is gone.

(C) The playground monitor tells the students when it's time to go inside.

(D) The monitor will watch the students while they take the test.

6. According to the author, which of the following sounds might wake a sleeping person up?

(A) a person taking a picture near the street

(B) a hummingbird flying in the backyard

(C) a dog walking down the street

(D) a door slamming in the house

7. Which of the following might happen as a result of getting a good night's sleep?

(A) You do great on your math test.

(B) You fall asleep during class.

(C) You eat lunch with your friends.

(D) You feel sleepy on the bus ride home.

8. Which food might make a person feel more awake after eating it?

(A) chicken

(B) broccoli

(C) chocolate

(D) grapes

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9. Which stage of sleep lasts the shortest amount of time?

Ⓐ REM

Ⓑ stage 1 NREM

Ⓒ stage 2 NREM

Ⓓ stage 3 NREM

10. Sleep helps **restore** body tissues and helps them grow. What is a synonym for **restore**?

Ⓐ repair

Ⓑ reuse

Ⓒ remain

Ⓓ remove

11. Extended Response: Would the author support you taking your dog for a walk at night before bed? Why or why not?

12. Extended Response: Why do you think it's important to have good sleep habits? Explain your answer using details from the book.

Main Comprehension Skill: Make Inferences / Draw Conclusions

1. (B) *Main Idea and Details*
2. (A) *Main Idea and Details*
3. (D) *Make Inferences / Draw Conclusions*
4. (C) *Main Idea and Details*
5. (B) *Vocabulary*
6. (D) *Make Inferences / Draw Conclusions*
7. (A) *Cause and Effect*
8. (C) *Cause and Effect*
9. (B) *Main Idea and Details*
10. (A) *Vocabulary*
11. Answers will vary. Samples: *Yes, the author would support me taking my dog for a walk before bed, as long as the walk was not very intense. The author says I should not do any strenuous physical activity before bed. No, the author would not support me taking my dog for a walk before bed. When I walk my dog, we go really fast and really far, and the author says I should not do any exercise before bed.*
12. Answers will vary but should include some of the reasons explained in the book.