



Why We Sleep

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

Analyze

Reading A-Z



Why We Sleep

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

Compare and Contrast

Reading 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



Why We Sleep

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

Main Idea and Details

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Why We Sleep

Would getting sleep be more or less important for an athlete than a non-athlete?
Why do you think that?

Evaluate

Reading 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

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