

Name \_\_\_\_\_ Date \_\_\_\_\_

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

1. According to the text, which discovery caused scientists to do more research on the brain and sleep?
  - Ⓐ The discovery that there are two hemispheres of the brain.
  - Ⓑ The discovery that certain medications affect the brain's performance.
  - Ⓒ The discovery that the brain does not shut down when people sleep.
  - Ⓓ The discovery that there are different phases of sleep.
2. If you are having a very hard time waking someone up while he or she is sleeping, which stage of sleep is he or she most likely in?
  - Ⓐ REM
  - Ⓑ stage 3 NREM
  - Ⓒ stage 2 NREM
  - Ⓓ stage 1 NREM
3. Which of the following might happen the day after you get a poor night's sleep?
  - Ⓐ You do poorly on your math test.
  - Ⓑ You score the winning goal in soccer.
  - Ⓒ You eat lunch with your friends.
  - Ⓓ You finish your homework in class.
4. According to the author, what should you do on the weekend?
  - Ⓐ Go to bed and wake up earlier than you do during the week.
  - Ⓑ Go to bed later so it's easier to fall asleep at night.
  - Ⓒ Sleep in to let your body catch up on rest.
  - Ⓓ Go to bed and wake up at the same time as during the week.

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5. Read this sentence from the book: *People and most other animals need sleep to **function** well.* What does the word **function** mean?
  - Ⓐ to stay awake during the day
  - Ⓑ to see patterns of brain activity
  - Ⓒ to act or work as expected
  - Ⓓ to become a professional athlete
6. Which of the following disorders might someone have if he or she has difficulty falling asleep at night?
  - Ⓐ insomnia
  - Ⓑ narcolepsy
  - Ⓒ sleepwalking
  - Ⓓ night terrors
7. Why do athletes consider sleep part of their training?
  - Ⓐ The brain shuts down and allows athletes to stop stressing out.
  - Ⓑ New cells are built during sleep, allowing athletes to get stronger.
  - Ⓒ Athletes are studied during sleep, so they need it for their training.
  - Ⓓ Coaches can teach athletes new techniques while they are dreaming.
8. According to the author, which of the following sounds might wake a sleeping person up?
  - Ⓐ a neighbor walking by the house
  - Ⓑ a butterfly flying in the backyard
  - Ⓒ a leaf falling from a tree
  - Ⓓ a door slamming in the house

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9. Which stage of sleep lasts the longest?
  - Ⓐ REM
  - Ⓑ stage 1 NREM
  - Ⓒ stage 2 NREM
  - Ⓓ stage 3 NREM
10. Which sentence from the text helps readers understand the meaning of the word **schedule**?
  - Ⓐ *If you have trouble falling asleep, try taking a warm bath or shower.*
  - Ⓑ *Try to go to bed and wake up at the same time each day.*
  - Ⓒ *Many things should happen when our tired head hits the pillow.*
  - Ⓓ *This stage lasts for nearly a quarter of sleep time.*
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.

## Quick Check Answer Sheet

## Why We Sleep

Main Comprehension Skill: Make Inferences / Draw Conclusions

1. Ⓒ *Cause and Effect*
2. Ⓑ *Main Idea and Details*
3. Ⓐ *Make Inferences / Draw Conclusions*
4. Ⓓ *Main Idea and Details*
5. Ⓒ *Vocabulary*
6. Ⓐ *Main Idea and Details*
7. Ⓑ *Make Inferences / Draw Conclusions*
8. Ⓓ *Make Inferences / Draw Conclusions*
9. Ⓒ *Main Idea and Details*
10. Ⓑ *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.