



Why We Sleep

Would you like to participate in a sleep study?
Why or why not?

Evaluate

Reading A-Z



Why We Sleep

What are the stages of sleep, and how are they alike and different?

Compare and Contrast

Reading A-Z



Why We Sleep

Why does the author suggest it is important to stick to a sleep schedule, even on the weekends?

Analyze

Reading A-Z



Why We Sleep

What caused scientists to do more research into how the brain functions during sleep?

Cause and Effect

Reading A-Z



Why We Sleep

What do you think is the most important thing the author wanted readers to know about sleep?

Author's Purpose

Reading A-Z



Why We Sleep

The brain first stores much of what we learn in what is called short-term memory.
Is this statement from the book a fact or an opinion?
How do you know?

Fact or Opinion

Reading A-Z