

1 In which stage of sleep are you most likely to wake up from a little noise?

- A Stage 2
- B Stage 3
- C Stage 4
- D R.E.M.

2 Paragraphs 5 is mostly about —

- F how to fall asleep quickly
- G how much sleep different people need
- H how teens have different sleep needs
- J how unfair it is to have an early bedtime

3 An idea that is present throughout this passage is —

- A sleeping hours should be the same for everyone
- B sleeping and dreaming are important for good health
- C waking up is easy to do when you are a teen
- D waking up recharges your brain

4 The author organizes this passage by —

- F telling a story about strange dreams
- G listing the reasons why you need a set bedtime
- H asking and answering questions about sleep
- J describing a sequence of routines to help you fall asleep

5 Which sentence from the passage shows a reason why your body needs sleep?

- A *If you do not get enough rest, your body may not grow as well.*
- B *When you should go to bed depends on when you have to get up.*
- C *Your body goes through five different stages of sleep each night.*
- D *Some scientists think that the ideas in dreams may come from what you are worried about.*