

Name: _____

Date: _____

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Reading HW

HW Wk # _____

Directions: Read and annotate the passage below. Then answer the questions.

Cheating Ourselves to Sleep

Think you do just fine on five or six hours of sleep? Chances are, you are among the many millions who do not know that they do not get enough sleep. Most people require seven or eight hours of sleep to function at their best. Failing to get enough sleep night after night can compromise your health and may even shorten your life. Inadequate sleep can affect memory, learning, creativity, productivity and emotional stability, as well as your physical health.

According to sleep specialists, the heart, lungs, brain, and kidneys are all affected by lack of sleep. This means that a person's appetite, metabolism, immune function, reaction time, and mood are also affected. Sleep affects almost every tissue in our bodies.

The risks of Type 2 diabetes, cardiovascular diseases, and stroke are higher in people who sleep less than six hours a night. The risk of cancer may also be higher in people who fail to get enough sleep. A study of found that women who slept less than six hours a night were more likely to develop breast cancer than those who slept longer. Another study found an increased risk of colon cancer in those who slept fewer than six hours nightly.

Children can also experience changes in hormone levels from inadequate sleep. For example, growth hormone is released during deep sleep. It not only stimulates growth, but also boosts muscle growth and repairs damaged cells and tissues. Not enough sleep affects the amount of growth hormone released in the body.

Short sleepers are also more at risk to infections like the common cold or flu. In another study, those who slept less than seven hours a night were three times more likely to get sick than people who slept eight or more hours.

Finally, too little sleep affects mental processes like learning, memory, judgment, and problem-solving. During sleep, new learning and memory pathways become set in the brain. People who are well rested are better able to learn and more likely to remember what they learned. With not enough sleep, thinking slows, it is harder to focus and pay attention, and people are more likely to make poor decisions and take risks. As you might guess, these effects can be disastrous. Sleep duration and quality are incredibly important to your health and well-being.

- (RST.9-10.2) One of the main points that the author is trying to make in the first paragraph is that:
 - Not enough sleep can cause Type 2 diabetes and cancer.
 - Children who do not sleep enough are shorter and have less muscle.
 - People need to sleep more than eight hours a night in order to be healthy.
 - Most people do not get enough sleep and don't even know they're not getting enough sleep.
- (RST.9-10.4) As it is used in the passage, the word *compromise* means:
 - Agreement
 - Improve
 - Harm
 - Amend

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3. (RST.9-10.2) Overall, the author in this passage is trying to explain that:
- a. Those individuals who get more than 8 hours of sleep have weaker immune systems.
 - b. Widespread health risks that can be caused by not enough sleep.
 - c. Type 2 diabetes is caused by chronic sleep deprivation.
 - d. People who do not get enough sleep will develop either breast cancer or colon cancer.
4. (RST.9-10.1) Which of the following statements does the passage support?
- a. Ben is stressed which prevents him from getting 8 hours of sleep every night.
 - b. James is overweight because he does not exercise as often as he should.
 - c. Mark is often sick because his immune system is weak due to his lack of sleep.
 - d. Thomas learns and remembers things extremely well because he does not get enough sleep.
5. (RST.9-10.1) Using information from the passage, describe the physical appearance of a child who only gets 5 hours of sleep every night.
- _____
- _____
- _____
- _____
6. (RST.9-10.1) If a person decided to change his sleeping habits so that he gets 8 hours of sleep every night, what changes might he experience?

Adapted from the article, "Cheating Ourselves to Sleep" by Jane E. Brody for The New York Times, published on June 17, 2013.

