

Name: _____

Date: _____

Period: _____

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 unwittingly shortchange themselves on sleep. Research shows that most people require seven or eight hours of sleep to function optimally. Failing to get enough sleep night after night can compromise your health and may even shorten your life. From infancy to old age, the effects of inadequate sleep can profoundly affect memory, learning, creativity, productivity and emotional stability, as well as your physical health.

According to sleep specialists, a number of bodily systems are negatively affected by inadequate sleep: the heart, lungs and kidneys; appetite, metabolism and weight control; immune function and disease resistance; sensitivity to pain; reaction time; mood; and brain function. It should come as no surprise that many bodily systems can be harmed by constant lack of sleep. 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. Even a single night of inadequate sleep can cause daylong high blood pressure.

The risk of cancer may also be elevated in people who fail to get enough sleep. A study of nearly 24,000 women found that those who slept less than six hours a night were more likely to develop breast cancer than women who slept longer. Another study of 1,240 people found an increased risk of colon cancer in those who slept fewer than six hours nightly.

Children can also experience hormonal disruptions from inadequate sleep. Growth hormone is released during deep sleep; it not only stimulates growth, but also boosts muscle growth and repairs damaged cells and tissues.

Short sleepers are also more susceptible to everyday infections like the common cold or flu. In a study of healthy men and women, those who slept less than seven hours a night were three times more likely to develop cold symptoms than people who slept eight or more hours.

Finally, some of the most insidious effects of too little sleep involve mental processes like learning, memory, judgment, and problem-solving. During sleep, new learning and memory pathways become encoded in the brain, and adequate sleep is necessary for those pathways to work optimally. People who are well rested are better able to learn a task and more likely to remember what they learned. With insufficient 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.

1. (RST.9-10.2) One of the main points that the author is trying to make in the first paragraph is that:
 - a. Not enough sleep can cause Type 2 diabetes and cancer.
 - b. Children who do not sleep enough are shorter and have less muscle.
 - c. People need to sleep more than eight hours a night in order to be healthy.
 - d. Most people do not get enough sleep and don't even know they're not getting enough sleep.

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2. (RST.9-10.4) As it is used in the passage, the word *compromise* means:
- a. Agreement
 - b. Improve
 - c. Harm
 - d. Amend
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.