10. Sınıf İngilizce Okuma Metni: Sleep and the Teenage Brain – Online

Konu: 10. Sınıf İngilizce Okuma Metni: Sleep and the Teenage Brain · 14 soru

Ad Soyad		Sınıf / No	
Tarih		Puan	

Choose the correct answer. *(Doğru seçeneği işaretleyin.)*

1. What happens to the body clock during the teenage years?

a) It stops working.
b) It changes, so teenagers feel sleepy later.
c) It makes teenagers wake up very early.
d) It stays the same as in childhood.

2. According to the text, tired students…

a) learn faster
b) find it harder to concentrate
c) become more patient
d) need less food

3. Why should you avoid screens before bed?

a) They use too much electricity.
b) They make your eyes red.
c) Their light tells the brain it is still daytime.
d) They are too loud.

4. What is the main purpose of the text?

a) To explain teenage sleep and give advice
b) To sell energy drinks
c) To describe a sleep experiment
d) To criticise lazy students

Fill in the blanks. *(Boşlukları doldurun.)*

5. You are not lazy; it is _____.

6. Tired students find it harder to _____ and remember new information.

7. Lack of sleep can even make it more likely that you will catch a _____.

8. Finally, avoid drinks with _____, like cola and energy drinks.

Write True (T) or False (F). *(Doğru mu yanlış mı?)*

9. Teenagers who sleep late are always lazy. ( )

10. Melatonin is a hormone that makes us sleepy. ( )

11. Teenagers need between eight and ten hours of sleep. ( )

12. Lack of sleep has no effect on memory. ( )

13. The writer suggests putting your phone away before bed. ( )

Write your answers. *(Cevaplarınızı yazın.)*

14. Describe your sleep habits. Which piece of advice in the text could help you most? Why?