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

WORKSHEET

Ünite/Tema: Personal Life & Well-Being · Seviye B1 · 190 kelime · dersimizingilizce.com

Name: _____ Class: _____ Date: _____

A Read the text: True or False?

Read the text. Then write T (true) or F (false). *(Metni okuyun. Cümleler doğruysa T, yanlışsa F yazın.)*

> Do you find it hard to fall asleep before midnight and even harder to get up for school? You are not lazy; it is biology. During the teenage years, the body clock changes. The brain starts producing melatonin, the hormone that makes us sleepy, later in the evening than it did in childhood. As a result, many teenagers naturally feel awake at night and tired in the morning. Sleep experts say teenagers need between eight and ten hours of sleep every night, but most of them get much less. This can have serious effects. Tired students find it harder to concentrate and remember new information. They may also feel more stressed or get angry easily. Lack of sleep can even make it more likely that you will catch a cold. So what can you do? Try to go to bed and get up at about the same time every day, even at weekends. Put your phone away at least an hour before bed, because the light from screens tells your brain it is still daytime. Finally, avoid drinks with caffeine, like cola and energy drinks, in the afternoon and evening.

1. Teenagers who sleep late are always lazy. ( )
2. Melatonin is a hormone that makes us sleepy. ( )
3. Teenagers need between eight and ten hours of sleep. ( )
4. Lack of sleep has no effect on memory. ( )
5. The writer suggests putting your phone away before bed. ( )

B Reading comprehension

Choose the correct answer according to the text. *(Metne göre 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

C Complete the sentences

Complete the sentences from the text. Use the words in the box. *(Metindeki cümleleri kutudaki kelimelerle tamamlayın.)*

biology • caffeine • cold • concentrate • exercise • vitamins

1. You are not lazy; it is _____ .
2. Tired students find it harder to _____ and remember new information.
3. Lack of sleep can even make it more likely that you will catch a _____ .
4. Finally, avoid drinks with _____ , like cola and energy drinks.

D Your turn

Write a short answer based on the text. *(Metne dayanarak kısa bir cevap yazın.)*

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