

Name: _____

What's the Deal with Sleep?

By Lydia Lukidis

You go to bed at night, close your eyes, and drift off to sleep. Have you ever wondered how exactly sleep works? Plus, where do dreams come from?

Let's start with the basics. When you fall asleep, you go through the four stages of the sleep cycle. We'll explore what happens during each of these stages.



First up is Stage 1. This is when you feel



Preview

Please log in to download
the printable version of this worksheet.

Stage 3 is known as deep sleep. It's more difficult for you to be woken up. And although you are sleeping deeply, this is when sleepwalking or sleep talking occurs. So all those sleepwalkers out there may not actually remember doing anything strange in their sleep the next day.

Then finally, you move into REM. That stands for rapid eye movement. During the REM stage, your eyes move quickly beneath your closed eyelids. This is caused by certain brain activity. You may have vivid dreams during this stage. Your brain waves are more active than in Stages 2 and 3. They're similar to when you're awake. It's easier for someone to wake you up, but you may feel groggy or sleepy.

Once your REM phase is over, the cycle starts all over again with Stage 1.

A complete sleep cycle lasts between 90 and 110 minutes. Stages 1 and 2 are considered light sleep, while Stage 3 is deep sleep. You'll go through about four or five of these cycles each night, depending on how long you sleep.

Now, what's the deal with dreams? The scientific study of dreams is called *oneirology*. Nobody knows exactly why we dream. It is believed that dreaming helps us



Preview

Please log in to download the printable version of this worksheet.

also be harder to concentrate and respond quickly. School-age children and teenagers need about 9 ½ hours of sleep each night. Most adults need between 7 and 9 hours of sleep each night.

Another funny habit we have is that we often forget our dreams. So the next time you fall asleep, keep a notebook and pen beside your bed. If you have any memories of your dreams when you wake up, write them down right away. Some might make funny stories!

About the Author



Lydia Lukidis is a children's author with a multi-disciplinary background that spans the fields of literature, science, and theater. So far, she has over 40 books and eBooks published, as well as a dozen educational books. Her latest STEM books include [A Real Live Pet!](#) and [The Space Rock Mystery](#).

Name: _____

What's the Deal with Sleep?

By Lydia Lukidis

1. Write the label **1**, **2**, **3**, or **REM** next to the correct description of **Stage 1**, **Stage 2**, **Stage 3**, and **REM** in the sleep cycle.



- _____ Your brain activity slows down, and you aren't woken up as easily. Your body temperature and heart rate fall.
- _____ Your eyes move quickly beneath your eyelids. You may have vivid dreams. Your brain waves are more active.
- _____ You begin to feel drowsy. Your muscles relax. You can still be woken up easily.
- _____ You enter deep sleep, and it's more difficult for you to be woken up. Some people may sleep walk or sleep talk.



Preview

Please log in to download the printable version of this worksheet.

- a. Some of us dream in color, while others dream in black and white.
- b. The average person spends about two hours per night dreaming.
- c. Dreams only occur during the REM stage of the sleep cycle.
- d. The most vivid dreams occur during REM sleep.
4. Based on the information in the article, identify **three benefits** of getting enough sleep.

Name: _____

What's the Deal with Sleep?

By Lydia Lukidis



Match each vocabulary word from the reading passage with the correct definition.

_____ 1. drowsy

a. producing realistic or clear images in your mind

_____ 2. heart rate

b. the worth, value, or excellence of something

_____ 3. rapid

c. sleepy; tired

_____ 4. vivid

d. a routine pattern of behavior



Preview
Please log in to download the printable version of this worksheet.

_____ 7. quality

g. the number of times your heart beats per minute

_____ 8. concentrate

h. the scientific study of dreams

_____ 9. habit

i. happening at a quick pace

_____ 10. cycle

j. feelings

Name: _____

What's the Deal with Sleep?

By Lydia Lukidis

In the article, "What's the Deal with Sleep?" you learned that sleep is important to our ability to function and feel our best. Everything becomes more difficult when we don't get enough sleep. In fact, according to the article, school-age children and teenagers need about nine-and-a-half hours of sleep every night.



On the lines below, answer the following questions:

Do you think you get enough sleep every night? Why or why not?

How do you feel when you don't sleep enough?

What changes could you make to help yourself get enough sleep?



Preview

Please log in to download the printable version of this worksheet.

ANSWER KEY

What's the Deal with Sleep?

By Lydia Lukidis

1. Write the label **1**, **2**, **3**, or **REM** next to the correct description of **Stage 1**, **Stage 2**, **Stage 3**, and **REM** in the sleep cycle.

2 Your brain activity slows down, and you aren't woken up as easily. Your body temperature and heart rate fall.

REM Your eyes move quickly beneath your eyelids. You may have vivid dreams. Your brain waves are more active.



Preview

Please log in to download
the printable version of this worksheet.



ANSWER KEY

What's the Deal with Sleep?

By Lydia Lukidis



Match each vocabulary word from the reading passage with the correct definition.

c 1. drowsy

a. producing realistic or clear images in your mind

g 2. heart rate

b. the worth, value, or excellence of something

Preview

Please log in to download
the printable version of this worksheet.



LD