

Name: _____

Counting Z's

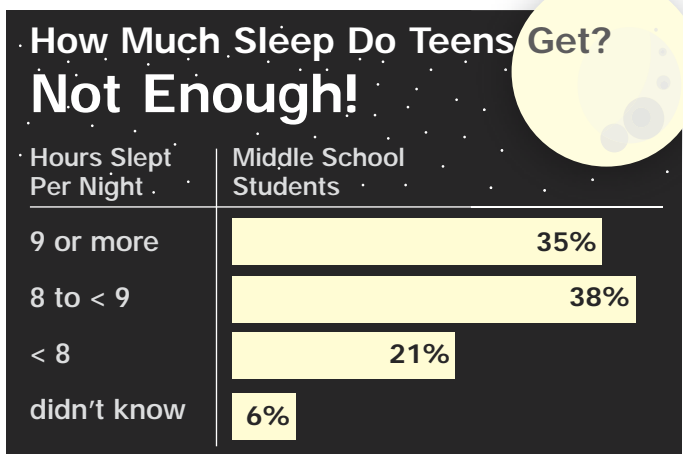
Directions: Read the article "Wake-Up Call" (page 12). Then answer the questions below.

1. Which of the following is one way that lack of sleep does *not* affect the body, according to the article?
 - A. reaction time
 - B. pimples and acne
 - C. foot odor

2. Why, do you think, does throwing a towel over her alarm clock help Eve sleep better?
 - A. Throwing is a relaxation technique she learned.
 - B. The towel blocks the alarm clock's sound, so she can sleep later.
 - C. The towel blocks the light from the clock.

3. Which word or phrase from the article gives you the most important clue you need to answer question 2?
 - A. relaxation
 - B. glowing
 - C. health class

Directions: Use the chart below to answer questions 4 and 5.



SOURCE: National Sleep Foundation, Sleep in America Poll 2006

4. Middle school students need at least 9 hours of sleep a night. Not counting the students who said they didn't know, what percent of students are not getting enough?
 - A. 59 percent
 - B. 21 percent
 - C. 6 percent

5. What percent of students said they got 8 or more hours of sleep a night?
 - A. 35 percent
 - B. 38 percent
 - C. 73 percent