

Name: _____ Date: _____

7th Grade Reading Comprehension

Read the following passage and answer the questions below.

"The Science of Sleep"

Sleep is essential for our health and well-being, yet many people do not get enough sleep. Sleep allows the body to repair itself, consolidate memories, and release hormones that regulate growth and appetite. Without enough sleep, we can become irritable, have trouble concentrating, and be more susceptible to illnesses. The stages of sleep include light sleep, deep sleep, and REM (Rapid Eye Movement) sleep. REM sleep is the stage where we dream, and it is important for emotional regulation and memory. During deep sleep, the body repairs muscles and tissues, and the immune system is strengthened.

Different age groups require different amounts of sleep. Teenagers, for example, need about 8-10 hours of sleep per night because their bodies are still growing and developing. However, many teens do not get enough sleep due to early school start times, homework, and social activities. This lack of sleep can negatively impact their academic performance and overall health.

To improve sleep, it is important to establish a regular sleep schedule, create a relaxing bedtime routine, and avoid caffeine and electronics before bed. By prioritizing sleep, we can improve our mental and physical health.

Questions:

1. Main Idea: What is the main idea of the passage?
 - a) The different stages of sleep
 - b) The importance of sleep and how to improve it
 - c) The role of REM sleep in memory
2. Detail: According to the passage, what happens during deep sleep?
 - a) The body consolidates memories
 - b) The body repairs muscles and tissues
 - c) The body experiences vivid dreams
3. Inference: Why might teenagers struggle to get enough sleep?
 - a) Because they don't enjoy sleeping
 - b) Because they have early school start times and busy schedules
 - c) Because they do not need as much sleep as adults
4. Vocabulary: What does the word "consolidate" mean in the context of the passage?
 - a) To gather and combine
 - b) To forget and discard
 - c) To separate and distribute