

Are You Tired?

Pre-reading

Questions:

- Do you feel well-rested?
- How does sleep affect you?

Definitions:

- Often – happening again and again
- Relax – to become less tense or more at ease
- Concentrate – to focus the mind on something



Reading

16 Dan was a busy person. In the morning he got his kids ready for school and
33 then went to his own classes. He was studying for his GED. After class he did the
housework and shopping.

36 Dan also worked at his job. During his breaks, he ate chips and drank pop.
51 When he got home, he ate a big meal. Some nights he went to bed very late. Dan
69 was often tired.

72 Dan's GED teacher talked about the need for good sleep before the GED test.
86 He wanted to do well on the test. How could Dan get more sleep? How could he get
104 better sleep?

106 Dan decided to change his eating habits. He packed a large, healthy meal for at
120 work. When Dan got home from work, he ate a small healthy snack. He then took a
137 warm shower. It helped him relax. He started going to bed at the same time every
154 night.

155 This new routine has helped Dan's mind and body **prepare** for a good night's
169 sleep. Dan is getting to bed earlier and is getting better sleep. He is a happier
185 person. He has more energy. He can concentrate better at school and at work.

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Understanding

1. Why was Dan going to school? _____

2. Why did Dan want more sleep? _____

3. What changes did Dan make in his eating habits? _____

4. Why did Dan take a shower after work? _____

5. What does the word **prepare** mean? _____

6. How has getting more sleep helped Dan? _____

Writing

Choice A: What did you learn from this reading?

Choice B: How does sleep affect you?
