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

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

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

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

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

This new routine has helped Dan’s mind and body prepare for a good night’s sleep. Dan is getting to bed earlier and is getting better sleep. He is a happier person. He has more energy. He can concentrate better at school and at work.
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? _________________________
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Writing

Choice A: What did you learn from this reading?
Choice B: How does sleep affect you?

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