

SLEEP

Citizenship

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Why is sleep important? When you sleep, your brain works hard to create new memories so that you remember everything you learned during the day. Good sleep helps you to **pay attention** at school and is also important for your physical health. If you don't get good quality sleep, you might feel **grumpy** and be **impatient** with your friends or family. You might have **trouble** listening to your teacher at school. It also makes you more likely to get ill. How much sleep do you need? Well, children aged six or older should have at least nine hours' sleep, and teenagers need eight to ten. Here are a few tips to help you get good quality sleep:



1. Try to build a sleep routine. Go to bed at the same time every day and do **relaxing** activities like reading a story or listening to quiet music before you go to bed.
2. Avoid using your mobile phone or computer in the hour before sleep. The light from the screens can make it difficult to sleep. If you really, really need to look at your phone then turn on the blue light filter **to stop** this light.
3. Make your bedroom a peaceful sleeping space. Make sure it's dark, quiet and the right temperature for you to sleep comfortably.

Match the words with a synonym:

to stop	•	•	concentrate
impatient	•	•	irritable
trouble	•	•	calming
relaxing	•	•	problems
grumpy	•	•	to prevent
to pay attention	•	•	angry

Read the text again and answer the questions:

1 Give three reasons why sleep is important.

2 How might you feel if you don't sleep well?

3 How many hours of sleep do primary school children need each night?

4 What can you do in your sleep routine?

5 What should you not do in the hour before you go to bed?

6 How can you make your bedroom a good sleeping space?



Discuss with a friend, teacher, or your class

What do you do when you can't get to sleep at night?

What stops you from getting to sleep at night?

How many hours do you sleep each night?

How do you feel if you don't sleep well?



Challenge!

Find out what the blue light filter is and why it's useful. Explain it to your parents.

