

# Don't Forget to Sleep!

**Directions:** Read the essay. Answer the questions.

Everyone knows that good sleep is important for good health. But did you know that a good night's sleep is also linked to memory? Think about the last time that you did something really new—started at a new school, a new job, or a new extracurricular activity. What happened when you went to sleep that night? If you're like most people, you dreamed about that new activity, over and over and over again. That's because sleep strengthens memories by "practicing" new things that you learned during the day. Your intense and active dreams were part of your brain's way of getting you acclimated to your new activity. You probably noticed that once the new activity became commonplace in your life, the crazy dreams stopped. Sleep is linked to memory in other ways too. During sleep your brain recognizes and restructures memories, and researchers believe that this function of sleep provides a vital link between memory as a utilitarian function and creativity. Sleep also strengthens the emotional components of memory, again, researchers believe, spurring creativity. People who get an average of at least 6.5 hours of sleep at night have also been shown to live longer than people who average only 5 hours every night.



1. What is the author's purpose in writing this article?

- A. To provide general information about the benefits of sleep.
- B. To convince people to sleep at least 6.5 hours a night.
- C. To prove there is a link between sleep and memory.
- D. To discourage people from only sleeping 5 hours a night.

2. Does the author support the assertion that a good night's sleep is linked to memory? Explain.

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3. Does the author say anything that is not relevant to his assertion? Explain.

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