

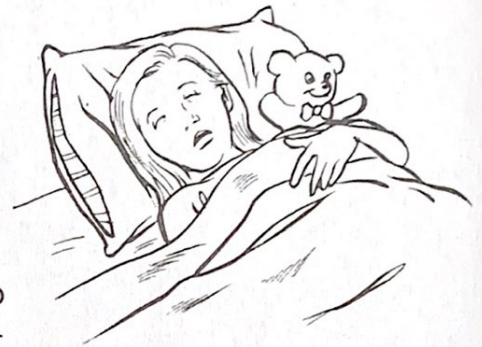
# Challenge Yourself: Reading

## A Good Night's Sleep

Do you ever stay up when you're supposed to be fast asleep? If you do, you might feel tired and grumpy the next day. You might have trouble thinking clearly.

Getting a good night's sleep will help you do your best in school and at play. You should get at least nine hours of sleep each night.

Make sure you go to bed at the same time each night. Do a quiet activity before you go to sleep, such as reading a book. It will make you feel sleepy. Getting a good night's sleep is one of the most important things you can do to stay healthy.



**Directions** Circle the letter of the best answer.

1. What is the main idea of the passage?
  - A. It is important to read in bed.
  - B. It is important to pay attention.
  - C. It is important to get enough sleep.
  - D. It is important to go to bed at the same time each night.
2. What might happen if you don't get enough sleep?
  - A. You might feel happy.
  - B. You might feel chilly.
  - C. You might feel lonely.
  - D. You might feel grumpy.
3. Which of the following is a good thing to do before you go to sleep?
  - A. Eat a meal.
  - B. Read a book.
  - C. Jog in place.
  - D. Clean your room.
4. What word in the passage has the opposite meaning of **noisy**?
  - A. sleepy
  - B. quiet
  - C. grumpy
  - D. same