

Get Some Sleep Article Questions

Health 5-Mrs. Maus



Name _____ Hour _____

1. According to the article, how much sleep do children ages 5-12 need each night? _____ hours.
2. According to the National Sleep Foundation, kids are only sleeping an average of _____ hours a night.
3. The amount of sleep you get can affect you many ways. List 3 that are mentioned in the article.
 - 1.
 - 2.
 - 3.
4. According to the article, what is keeping kids up at night?
5. According to the article, what is the average number of hours a day that kids spend using electronic devices? _____ hours
6. What are three ways that kids are using electronics? (Look for answer in article!)
 - 1.
 - 2.
 - 3.
7. The article describes nightmares once in a while as “normal”. What were the 5 tips the article suggested for getting nightmares under control?