

Teens Need More Sleep

Is it hard for you to get up in the morning? Do you find it easier to concentrate* in the afternoon than in the morning? Do you sleep more on weekends?



Most teenagers answer “yes” to all three questions. That’s because many

teens need more sleep than they get. Scientists* say that teenagers need eight -and-a-half* to nine hours of sleep a night. Older people usually need

10 seven to nine hours of sleep a night.

The problem is that teens don’t have time to sleep eight and a half to nine hours every night. Most students start school at 8:00 or 8:30 in the morning, and some pupils start school at 7:30. These teenagers need to get up at 6:00 or 7:00 in the morning, but they can’t go to bed at 9:00 or 10:00. They need

15 to do homework and study for tests, and they also want to do things with their friends.

Scientists say that tired teenagers don’t study well in school and they are not happy. Their bodies* know that they need sleep, but they don’t know that that’s why everything is hard for them. Some schools decided to start later

20 so that students could get more sleep. Maybe your school will decide to start at 9:30, too.

*to concentrate = להתרכז, ירכז

*half = חצי, نصف

*scientists = מדענים, عالم

*bodies = גוף, جسم

Questions About the Text

A. Who are the sentences about? Put an X in the correct boxes.

	Scientists	Teenagers	Schools
1) If <u>they</u> are tired, they don't study well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2) It's usually hard for <u>them</u> to get up in the morning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3) <u>They</u> usually start at 8:00 or 8:30 in the morning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4) <u>They</u> can't go to sleep on time, because they have a lot to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5) <u>They</u> believe that teens need to sleep for a minimum of eight and-a-half hours.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6) Some of <u>them</u> decided to start at 9:30 in the morning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7) <u>They</u> usually can't sleep late because they need to go to school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8) <u>They</u> say that older people need seven to nine hours of sleep a night.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9) <u>They</u> say that tired teens are not happy people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B. Answer the questions.

- 1) Why do most teenagers sleep more on weekends? (lines 1–10) _____

- 2) Who needs a minimum of seven hours of sleep a night? (lines 6–10) _____

- 3) Why did some schools decide to start later in the day? (lines 17–21) _____

Vocabulary Practice

C. True or false?

- ___ 1) Five is half of ten.
- ___ 2) A forty-year-old woman is a teenager.
- ___ 3) Americans know how to speak English well.
- ___ 4) It's hard to concentrate if you don't like the subject.*
- ___ 5) Monday is the weekend.
- ___ 6) Scientists sell things to people.
- ___ 7) Tired people want to sleep.

*subject = מקצוע, נושא

D. Find the words from the text on page 25.

- 1) Find the words which mean:
- learn _____
 - students _____
 - most of the time _____
- 2) Find the opposites of:
- harder _____
 - stop _____
 - go to sleep _____
 - morning _____

Language Tips and Practice

בשורות 1-3 בטקסט בעמוד 25 כתוב:

“Is it hard for you...? Do you find it easier to concentrate...?”

שאלות אלה הן שאלות כן / לא כיון שהתשובה לשאלות אלו חייבת להיות כן או לא.

המילים is ו-do בתחילת השאלות הינן פעלי עזר (helping verbs). כל השאלות מסוג כן / לא חייבות להתחיל בפועל עזר. בהווה, פועל העזר יכול להיות do, does, are, am, is או do. בעבר פועל העזר יכול להיות were, was, did. בעתיד פועל העזר הוא will.

אחרי פועל העזר, נכתוב את הנושא של השאלה, ולאחר מכן אנו חוזרים למילים שבשאלה. זכור לא לבלבל את סדר המילים בשאלה ולא להשתמש ביותר מפועל עזר אחד!

في الأسطر 1-3 من النص ص 25 ذكر:

“Is it hard for you...? Do you find it easier to concentrate...?”

تعتبر هذه الأسئلة من نوع نعم\لا لان الإجابة عليها يجب أن تكون بنعم أو لا.

يعتبر الفعل is أو do الذي يظهر في بداية السؤال فعل مساعد helping verbs. ولذلك يجب أن تبدأ جميع الأسئلة من هذا النوع بفعل مساعد. في صياغة السؤال قد يكون الفعل المساعد do أو does أو am أو is أو are. في الماضي قد يكون الفعل المساعد did أو was أو were. وفي المستقبل يكون الفعل المساعد will.

نضع بعد فعل المساعدة الفعل subject في الجملة. ويليهما باقي السؤال. تذكر الترتيب الذي ذكر في الأعلى ولا تستعمل أكثر من فعل مساعد واحد!

E. Find the mistakes in the questions. (You may write what the mistakes are in Hebrew or Arabic, or correct the mistakes in English.)

- 1) Do like you to study English? _____
- 2) She was tired yesterday? _____
- 3) Did the pupils were listen to the teacher? _____
- 4) Teenagers sleep more on weekends? _____
- 5) Is at home? _____
- 6) Does is Shai get up at 7:00 in the morning? _____