

Every Hour Counts

Do you ever stay up late to play video games or watch TV? If so, you may want to think twice the next time. Experts say even one extra hour of sleep a night counts. A recent study showed that extra sleep can help kids perform better in school.

For two nights, a group of kids who took part in the study went to bed at their usual bedtime. Afterward, they were given tests for memory and attention span. Both of those things are important for learning in school.

On the third night, some kids went to bed one hour earlier than usual. Others went to bed one hour later. The next day, experts tested the kids again.

Here is what the experts found: The kids who slept an extra hour improved their test scores. Some kids did better by as much as two grade levels! The kids who lost an hour of sleep did not improve their scores.



U.S. Department of Health and Human Services

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You Snooze, You Lose

Most third graders need at least nine hours of sleep each night, say experts. However, studies show that many kids are not sleeping enough. That can make it hard for kids to pay attention in school.

Going to bed early is not easy, experts agree. But it's worth it! One extra hour of sleep may mean the difference between doing well and falling asleep in class.

Get Your Zzzzs!

Here are some tips to help you get a good night's sleep:

Do

relax with quiet time before going to sleep.

relax with quiet time before going to sleep.

go to bed at the same time each night.

Don't

eat a big meal or exercise right before bed.

drink soda pop with caffeine in the evening.

Name: _____ Date: _____

1. Kids who get an extra hour of sleep have better memory skills, while kids who get less sleep

- A. are better readers in all their classes.
- B. come late to school constantly.
- C. are grumpy during the day at school.
- D. may have a hard time paying attention in school.

2. _____ is a result of losing an hour of sleep while _____ is a result of sleeping an extra hour.

- A. Doing well in math / doing well in reading
- B. Better memory / a poor test score
- C. A poor test score / an improved test score
- D. Gaining weight / losing weight

3. The following sentence is an opinion:

- A. it is hard to get extra sleep.
- B. studies show that extra sleep helps students.
- C. students that get extra sleep do better on tests.
- D. extra sleep increases attention span.

4. Kids who sleep better might go to bed the same time each night, while kids who have sleeping problems might

- A. eat a small meal before bedtime.
- B. relax before bedtime.
- C. drink soda in the evening.
- D. exercise in the morning.

5. Why might it be hard for some kids to get extra sleep? What can they do to sleep better?
