

Ministry of Education – State of Kuwait

Al-Farwaniya Educational Area

Abdul Lateef Aldahim Intermediate School for Boys

2023/2024 School Year – 2<sup>nd</sup> Term



وزارة التربية – دولة الكويت

منطقة الفروانية التعليمية

مدرسة عبد اللطيف ابراهيم الدهيم

العام الدراسي 2024/2023 – الفصل الدراسي الثاني

Grade: 8

Reading Worksheet

Units: 7/8/9

**Read the following passage carefully, then answer the questions below:**

Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat. We spend about one-third of our lives in sleep.

How much sleep do we need? The amount of sleep people need depends on different things, including age. Most healthy adults need between 7 to 9 hours of sleep each night to work at their best. Children and teens need even more. After the age of 50, people get only 5.5 to 6.5 hours of sleep each night. We need less sleep as we get older.

Most people have some nights when they cannot sleep. Poor sleep increases the **risk** of accidents and other illnesses like heart diseases. It may also lead to poor memory. Getting too much sleep may not be good for people either. Too much sleep is linked to sickness.

Many famous people in history had a problem falling asleep. Some of these people had special ideas to make them sleep. For example, King Louis XIV of France had 413 beds. He moved from one to the other hoping to fall asleep.

Making simple but important changes to your daily habits can have a great impact on how well you sleep. To sleep better at night, experts suggest exercising regularly and going to sleep at the same time every day especially on weekends. **They** also suggest avoiding heavy meals late in the evening.

This Worksheet was done by: Omar Abdullah

**a) Choose the correct answer from a, b, c and d:**

**1. What is the main idea of the 2<sup>nd</sup> paragraph?**

- a. Lack of sleep can lead to death.
- b. We need to sleep in order to be healthy.
- c. Many people face difficulty sleeping at night.
- d. How much sleep we need differs from person to person.

**2. The underlined word 'risk' in the 3<sup>rd</sup> paragraph means:**

- a. way
- b. type
- c. reason
- d. danger

**3. The underlined word 'They' in the 5<sup>th</sup> paragraph refers to:**

- a. habits
- b. changes
- c. weekends
- d. experts

**4. What happens when we get older?**

- a. We sleep less than before.
- b. We sleep a lot more.
- c. We can't sleep at all.
- d. We need 7-9 hours of sleep.

**5. According to the passage, which of the following sentences is NOT TRUE?**

- a. We spend one-third of our lifetime sleeping.
- b. Getting too much sleep is good for us.
- c. Most people find it difficult sometimes to sleep at night.
- d. King Louis XIV had 413 beds to help him fall asleep.

**6. What is the author's purpose in writing this text?**

- a. To list the different types of sleep.
- b. To tell us about famous people in history.
- c. To compare children's and adults' sleeping habits.
- d. To give information about sleep and its importance.

**b) Answer the following questions:**

7. What are the dangers of poor sleep?

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8. How can we sleep better at night?

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