

The Importance of Sleep

Sleep is very important for a healthy body and mind. When we sleep, our body heals and our brain rests. Not sleeping enough can make us feel tired and unhappy. On the other hand, good sleep reduces the chances of getting sick, helps us think better and worry less. Therefore, experts recommend getting at least 7 to 8 hours of sleep every night.

Your story should begin with this sentence: **One day, Misaki was yawning at her desk.**



- 1 According to the passage, why do experts recommend getting 7 to 8 hours of sleep every night?
- 2 Now, please look at the picture and describe the situation. You have 20 seconds to prepare. Your story should begin with the sentence on the card. [20 seconds] Please begin.

Now, Mr. / Ms. _____, please turn the card over and put it down.

- 3 Some people say that having phones or tablets in the bedroom can make it hard to sleep. What do you think about that?
- 4 Many families eat dinner together. Do you think it's important to have family meals?
Yes. → Why? No. → Why not?

Example Answers:

1. Because good sleep reduces the chances of getting sick, helps us think better and worry less.
2. One day, Misaki was yawning at her desk. Her co-worker said, "You always look so tired. Why don't you see a doctor?" Misaki thought it was a good idea. The next day, Misaki was at the doctor's office. The doctor was checking her health. He suggested she get more sleep. A week later, Misaki was at work again. She was feeling happy and refreshed.
3. I agree. It's difficult to sleep with phones and tablets near the bed. The light and sounds can keep us awake, so I think we should put them away at night.
4. Yes. When families eat together, they can talk about their day and share information. It's also a nice time to enjoy good food together.