

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.

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.

difference dif · fer · ence

Definition

noun

1. the condition of being not the same.

Are there any important differences between these two televisions?

Advanced Definition

noun

1. the condition of differing; unlikeness.

Some people are not comfortable with difference; they prefer things that are similar to those things with which they are already familiar.

2. a particular instance of being unlike or not the same as something else.

The professor explained the difference between communism and socialism.

3. a disagreement.

We've had our differences from time to time.

4. a change in a situation or person.

Have you noticed the difference in her since she returned from living abroad?

5. the degree or amount by which one thing or quantity differs from another.

Spanish cognate

diferencia: The Spanish word *diferencia* means difference.

These are some examples of how the word or forms of the word are used:

1. They make a positive **difference** in the world.
2. Gabriella said she has learned that a person is never too young to make a **difference**.
3. One extra hour of sleep may mean the **difference** between doing well and falling asleep in class.
4. The **difference** between red and blue's waves is exactly why we see the two colors as different colors.
5. The club's motto is: Even as youth we can make a **difference** in our home, neighborhood, school, and community.

perform per · form

Definition

verb

1. to present for the entertainment of an audience.

He performed a song that he wrote himself.

2. to do what has been decided or planned.

Doctors perform operations.

The mayor performs many duties.

Advanced Definition

transitive verb

1. to carry out; do; fulfill.

The new employee performed all the assigned tasks.

Which surgeon performed the operation?

The experiment was performed a second time and produced the same results.

2. to enact or present for the entertainment of an audience.

He performed the role of Othello on the London stage.

The orchestra performed that difficult new piece very well.

intransitive verb

1. to do, fulfill, or carry out that which is expected.

She performs very efficiently in her job.

This make of washing machine has always performed extremely well.

2. to provide entertainment for an audience, as by giving a musical concert.

Who's performing at the auditorium this weekend?

I thought you performed very well in the play.

These are some examples of how the word or forms of the word are used:

1. The choir **performs** all over the country and the world. We just sang in Japan. I get to see the world through singing in the choir.
2. What can you do to make sure that you and your family are less likely to be harmed by fire? The first thing is to **perform** a room-by-room search with your family, looking for possible fire hazards.
3. They combine old customs with new ones. Members of the family **perform** ancient Native American songs and write their own music. "Not only are we having fun," the family's dad told Weekly Reader, "but we're keeping our culture alive."
4. After Sonia Mia strapped herself in, the shuttle moved into launch position. The countdown began, and the shuttle blasted off! During the mission, Sonia Mia and her team used buttons and joysticks to **perform** the tasks associated with their roles. The ride lasted about 4 minutes.
5. Before our food helps us, and all animals, to **perform** different activities, however, it must be broken down through digestion. That's when our food is converted into small molecules, so our cells can use it effectively. To put it simply, our food goes from being big, to being really, really tiny.
6. People have been writing, producing, and acting in plays for a very long time. A play presented on a stage with actors **performing** a fictional story goes back to the time of the Ancient Greeks. In fact, the word "theatre" comes from the Greek word "théatron," which means "a place for viewing."
7. Because she was too young, Anna did not get into ballet school on the first try. She was finally accepted by the ballet master Marius Petipa in 1891. At the time, dancers needed to be strong to **perform** their moves. Anna was very thin, and she was considered too small to be a ballerina.
8. Becky has many goals and dreams she hopes to accomplish in the future. There are certain theaters where she wants to work, roles she wants to play, and other actors she wants to **perform** with. She wants to have some plays she can look back on, and be proud of the work she did.
9. During the summer and on school vacations, the family travels around the United States and Canada. They combine old customs with new ones. Members of the family **perform** ancient Native American songs and write their own music. "Not only are we having fun," the family's dad told Weekly Reader, "but we're keeping our culture alive."

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?