

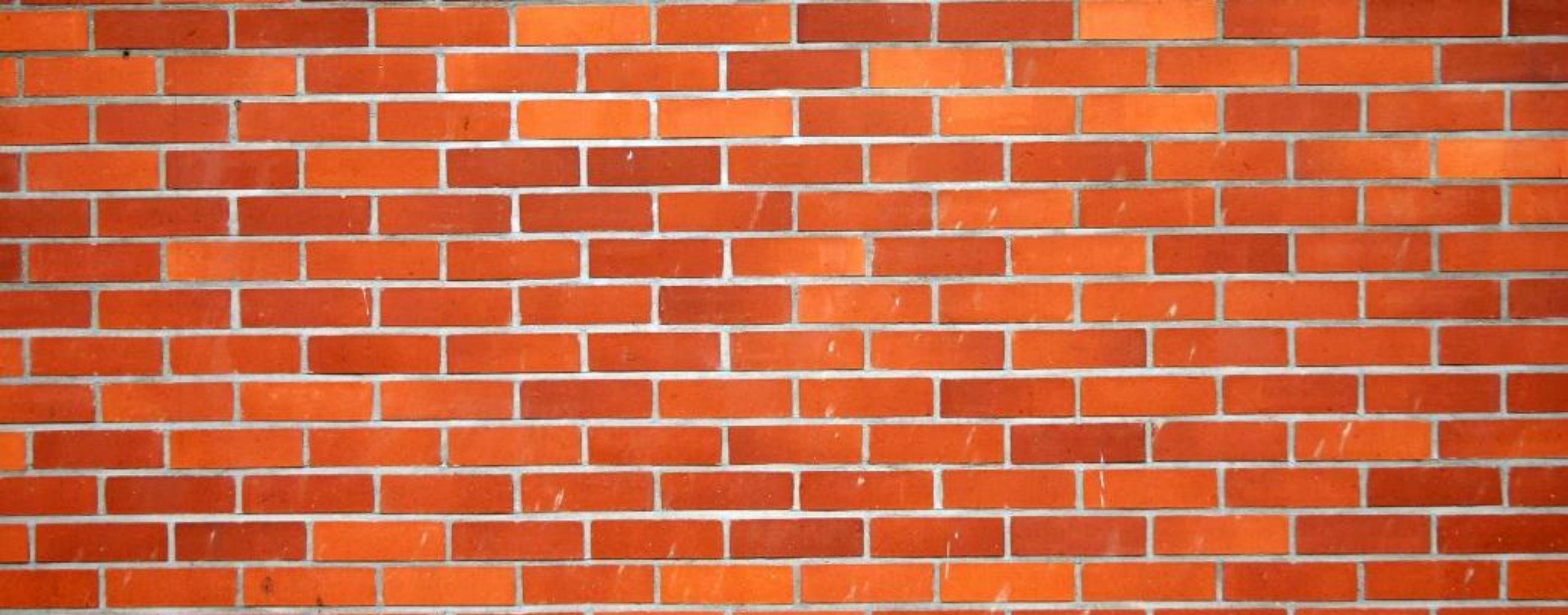


Intermediate Reading

Where are we going? And how will we know when we get there?



What do you want your students to get from the reading lesson?



The Test

What should we test?

What should we test?

- Comprehension

- Information Transfer

- Skills Development

- ~~○ Vocabulary~~

- ~~○ Text Avoidance Skills~~

Task One: The Reading

Task Two: Test Design

- Survey
- Access prior knowledge
- Read actively/See Connections
- Choose strategies to transform knowledge
- Demonstrate understanding
- Apply new knowledge

What I want them to do	How I will test this
Survey	Read the first paragraph. What questions will this reading answer?
Access Background information and get ready to have a conversation	What do you think are the answers to these questions?
Read actively and critically to see patterns in the reading and connect to current knowledge	Suggest that students take notes on the reading to help them organize the information.
Use various strategies to incorporate transform information into knowledge.	TF questions which are not overly tricky and test whether the basic information has been understood.
Ability to transform information	Short answers which require students to change the information into their own voice
Ability to apply information	Writing task which asks for personal information to be related to new information

Adapted from Strategic Reading 1

What you should know about sleep

1. Most people know that a good night's sleep is important. In fact, scientists now believe that sleep is the single most important factor for general health, more important than diet and exercise. Sleep is the only activity that can claim to repair and energise both the body and the brain. The third of our life that we spend sleeping has a profound effect on the two-thirds of our time that we spend awake. The amount of sleep we get can affect our mood, memory, alertness, and performance. Because sleep is so important to our well-being, it is important to know how much sleep we need, when we need it and what happens when we don't get enough sleep.

What questions will this reading answer?

First, Write the full questions. Then write your current answer to these questions.

Leave a gap between the questions. You can also use these gaps to take notes on the new information you learn.

2. Most people believe that everyone should get eight hours of sleep per night. However, that is not exactly true. In fact, optimal sleeping time ranges from 7 to 9 hours with each individual needing slightly different lengths of time to feel and operate at his or her best. Our natural rhythms also indicate that it is normal to need more sleep in winter and less in summer. The most important finding is that too much or too little sleep is harmful for our health. A study reported by the National Sleep Foundation (2014) found that people who slept 7 hours every night were less likely to die in the six years of the study than people who slept less than seven hours. However, people in the study who slept more than eight hours also had higher mortality in this period.

3. It is also important to note that every night's sleep is important. When students become sleep deprived at exam time, they accumulate a sleep debt which may take several days to 'pay back'. Although it is possible to catch up on this lost sleep, researchers at Penn Medicine (2013) warn that sleep deprivation may cause a loss of neurons in the brain, so long study hours may actually reduce a student's ability to do well over time. In fact, according to Dr. Coren, a Canadian scientist, a person can lose up to one I.Q. (a measure of intelligence) point for every hour of sleep below the recommended amounts. This information is very relevant in our modern era when electricity, the internet and our 24 hour lifestyle encourage us to forego sleep in favour of other activities. In fact, studies have shown that people are sleeping less today than they did in the past.

4. When we sleep is also important. Natural daily rhythms, called circadian rhythms, make us feel tired at night and in the middle of the afternoon. This is when our bodies are telling us to rest. In fact, research shows that we should get some sleep at BOTH of these times. New research is showing that in addition to 7-8 hours of sleep every night, people should also take a nap in the afternoon. A very short sleep in the afternoon can improve our productivity, mood and energy levels for up to 155 minutes. (National Sleep Foundation 2014). The best nap is only 10-20 minutes. A longer nap can make us feel sleepy when we wake up and can also make it difficult to sleep at night. Of course, our modern lifestyle also makes it very difficult to find a time and place for a short sleep in the afternoon, so most adults do not get this extra boost.

5. Sleep deprivation, or lack of sleep, can have serious side effects on every aspect of our life. Health conditions, such as weight gain, diabetes, and heart disease have been linked to poor sleep patterns. Our feelings are also affected as lack of sleep can make us irritable, moody and can even lead to serious mental health issues. Finally, lack of sleep can cause accidents at work and on the road. Sleepy drivers cause 20% of road accidents, and many accidents at home and work can also be blamed on lack of sleep. People who have a sleep debt are more likely to have accidents even if they had a good night sleep after the sleepless night.

Answer True or False to these Questions

1. _____ Different people need different amounts of sleep.
2. _____ People who sleep the longest are the healthiest.
3. _____ A very short nap in the middle of the day is a good idea.
4. _____ It is OK to miss a night's sleep from time to time.
5. _____ People sleep more hours per night now than they did 100 years ago.
6. _____ Lack of sleep can cause brain damage.
7. _____ If you do not get enough sleep, you shouldn't drive.

Short Answer Questions: Answer the following questions in your own words. You should use full sentences to answer the questions.

1. How long should people sleep in a 24 hours period? When should they get this sleep?
2. What evidence is there that sleeping too much is not healthy?
3. Is it a good idea for students to stay up late to study for a test? Why or why not?
4. Why are people sleeping less now than they did in the past?
5. Why is a long nap after school a bad idea?
6. If taking a nap is good for our health, why don't most adults take naps?
7. Give three ways that lack of sleep can affect us.

