

CURRENT EVENT

TOPIC: SLEEP

NAME: _____

TITLE OF ARTICLE: _____

PUBLICATION OR HOME PAGE: _____

VOLUME# OR WEB PAGE ADDRESS: _____

LIST 6 FACTS FROM THE ARTICLE

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

HOW MUCH SLEEP DO YOU NEED A NIGHT? _____

WHAT ARE THE **SHORT-TERM** HARMFUL EFFECTS OF LITTLE SLEEP? _____

WHAT ARE THE **LONG-TERM** HARMFUL EFFECTS OF LITTLE SLEEP?

WHAT ARE SOME THINGS THAT COULD INTERFERE WITH YOUR SLEEP?

CAN YOU 'CATCH UP' ON SLEEP? WHY OR WHY NOT? _____
