

# Close Reading



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Title: \_\_\_\_\_

The purpose of this text is to: \_\_\_\_\_

Make a prediction. I think this story is about \_\_\_\_\_

## First Reading:

- \_\_\_ 1. Highlight the Headings
- \_\_\_ 2. Read the text through
- \_\_\_ 3. THINK!—What is this story mostly about?

## Second Reading:

- \_\_\_ 1. Read the text **AGAIN**
- \_\_\_ 2. Underline the Topic/Main Idea Sentence in each paragraph in RED pencil/pen.
- \_\_\_ 3. Circle 3-5 key/interesting words in each paragraph.

## Third Reading

- \_\_\_ 1. Read the questions, and then read the passage again.
- \_\_\_ 2. Go back in the text again, looking for evidence that will help you answer the questions.
- \_\_\_ 3. Answer the questions; mark the question number next to the paragraph where you found the answer (in the margin): Q1, Q2, Q3, etc.
- \_\_\_ 4. Answer all open response questions completely, using text evidence to support your answers. Restate the question in your answer.

The main idea of this article/story is \_\_\_\_\_

Details that support that idea are: \_\_\_\_\_

CHECK OFF EACH ITEM AS YOU COMPLETE IT

## A Good Night



It happens every night—bedtime. But what if you're not sleepy? Should you still go to bed if you are just going to lie there with your eyes wide open? It's a problem that has been around as long as there have been people trying to sleep.

There are many reasons why you may not be able to fall asleep. You might be excited by everything you did that day. You might be excited for what you know you're going to do the next day. Maybe you can't sleep because you don't like sleeping all alone in your room. Maybe you have a recurring nightmare that you dread. All of these reasons are normal. However, there are some steps you can take to help you fall asleep.

One thing that can help is talking to a parent or another trusted adult about what you're thinking about at bedtime. For example, if you're nervous about taking a test, or upset about being teased at school, it can really help to tell somebody. Knowing that somebody has heard you can help ease your mind so that you can rest.

Sleeping in a comfortable bed in a quiet and cool room is ideal. If there's anything about your room that makes you feel uneasy or anxious at night, like a picture that looks strange in the dark, or a noisy faucet in a nearby bathroom that leaks drop after drop, be sure to ask one of your parents if it can be moved or fixed. Making sure electronics are kept away from your bed is also recommended as these devices can keep you stimulated, making it harder for you to fall asleep.

If you are usually restless around bedtime, doing certain things to relax beforehand may help you fall asleep when you go to bed. Try to take more time to wind down by taking a warm bath, or listening to a bedtime story at least 30 minutes before you want to go to sleep. It also helps to follow a bedtime routine and go to sleep at the same time every night. As a result, your body will get the message that it's almost time to sleep. Your body will know to start feeling tired.

In order to find the right solution for you, it's important that you understand what exactly is keeping you up at night. And it's okay if you need to reach out to a parent or other adult you trust to figure out why you are having trouble sleeping. Getting a good night's sleep is worth the time and effort of finding the right solution to your sleeping problems.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What can be difficult for people at bedtime?

- A** falling asleep
- B** moving a picture
- C** talking to a parent
- D** taking a warm bath

2. Being unable to fall asleep is a problem described in the passage. What is one solution?

- A** not talking to anyone about something that is bothering you
- B** staring at a picture that looks strange in the dark
- C** going to bed at a different time every night
- D** taking more time to wind down before bedtime

3. Read these sentences from the passage: "Maybe you can't sleep because you don't like sleeping all alone in your room. Maybe you have a recurring nightmare that you dread."

What can be concluded from this information?

- A** People have trouble sleeping for the same reason.
- B** There is more than one reason that people have trouble sleeping.
- C** People mainly can't sleep because they fear recurring nightmares.
- D** People who don't like sleeping alone usually have nightmares.

4. Imagine you can't sleep because you are excited about what you're going to do tomorrow. Based on the text, what should you do?

- A** keep thinking about what you're going to do tomorrow until you're tired
- B** get rid of your electronic devices
- C** speak to a parent about how you are feeling
- D** remove pictures from your room that might look scary at night

5. What is this passage mostly about?

- A different reasons people can't fall asleep and possible solutions
- B why using electronics at bedtime can make falling asleep more difficult
- C why people may be restless or anxious at bedtime
- D how people can relax before bedtime to help them fall asleep

6. Read the following sentences: "It also helps to follow a bedtime **routine** and go to sleep at the same time every night. As a result, your body will get the message that it's almost time to sleep."

What does the word "**routine**" mean above?

- A usual series of things done at a certain time
- B a set of steps people can follow that change daily
- C a process that is not predictable
- D a process people use to research sleeping problems

7. Choose the answer that best completes the sentence below.

People can have trouble sleeping for a variety of reasons, \_\_\_\_\_ feeling excited or restless.

- A never
- B excluding
- C including
- D in conclusion

8. Describe what you should do to help you fall asleep if you are usually restless around bedtime.

---

---

---

---

9. If someone is having trouble sleeping, what must he or she do to find the right solution?

---

---

---

---

10. Imagine a friend of yours is having trouble sleeping. Based on the information in the text, how might you help him or her?

---

---

---

---