Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Persuasive Nonfiction: Do you get enough sleep?**

*Pre-reading Survey:*

How many hours did you sleep last night? \_\_\_\_\_\_ Is this a typical amount of time? YES NO

When do you usually get sleep? Naps Night only Weekends Activity Period What’s sleep?

***Directions****:* Read the article “Outsleeping Early Humans” from UPFRONT magazine of *The New York Times*. After reading, complete the activities below.



*During Reading:* What are your thoughts as you read? Note at least 1 idea making sure to quote the particular section you are referencing. What makes this idea notable? Be thoughtful in your remarks.

*After Reading:*  What are your thoughts in response to these study’s findings? Explain using specific references from the text.

*Taking it Further:* Look back at your survey responses. What could be done in reflection of your sleeping situation? Be thoughtful in your remarks.

*Re-Think It!* Do you get enough sleep? YES NO