

5 Read and learn. 读下文，了解睡眠的益处。



Sleeping is good for our health. It helps us stay healthy and improve our memory. It even helps us reduce stress and lose weight. A good night's sleep makes us feel fresh and bright.

Sleeping is even more important for teenagers. It helps them grow taller and stronger. Therefore, teenagers should get at least eight hours of sleep every day. They should go to bed early and get up early. If teenagers want to stay healthy, they should get enough sleep every night.

6 Think and fill. 根据你的睡眠状况，填写下表。

when to go to bed

how long

how do you feel

**Tips:**

为了引起人们对睡眠重要性及睡眠质量的关注，世界睡眠医学学会发起了“世界睡眠日”（World Sleep Day）。