

Have your say by Karavis and Matthews

Sleep is important. Nobody fully understand why we need sleep but the scientists think that the body uses the time to recover and to repair damage. When we fall asleep our heart and breathing rates slow down, muscles relax and our senses rest. If this is the case, are you giving your body enough rest?

Lack of sleep means that the body and the brain do not work properly. If you don't go to bed at a reasonable time, you will be sleepy in class and not learn so much. Tiredness means that you may not be able to think so clearly and you may be a danger to other people. Accidents can happen. You will lack energy and even playing becomes too much of an effort. Is staying up late really worth it ?

There is some truth in the old saying 'Early to bed and early to rise, makes us healthy, wealthy and wise.' Next time you start to argue about your bedtime, remember your body needs a break. Give it a rest.

- 1. Look at the first sentence: Sleep is important. Is this a fact or an opinion?**
- 2. Don't use the first sentence, but write down a fact from the first paragraph. Write the fact in your own words.**
- 3. Write, in your own words, an opinion from the second paragraph.**
- 4. Is the saying in the third paragraph a factual saying or someone's opinion?**
- 5. Write down two facts and two opinions about the Amazon rainforest.**