

Name _____



Recharge Your Brain

Directions: Read the short passage carefully. Review each statement listed after the passage. Decide whether each statement is **Strong Evidence** (directly supports the main idea or claim with clear facts or details) or **Weak Evidence** (vague, opinion-based, or not directly connected). Write **“Strong”** or **“Weak”** in the blanks. Then, explain what makes strong evidence stronger than weak evidence in your own words.

“The Power of a Good Night’s Sleep”

Many students underestimate the importance of getting enough sleep each night. During deep sleep, the brain organizes and stores new information, helping students remember what they learned. Studies show that teens who sleep at least eight hours a night perform better on tests and react faster in sports. When students stay up late scrolling on their phones, their concentration and mood often suffer the next day. Consistent sleep is not just about rest—it’s a key part of academic and emotional success.

_____ 1. “Experts have found that teens who get enough rest often score higher on memory tests.”

_____ 2. “Everyone knows that sleeping is nice.”

_____ 3. “The brain organizes and stores new information during deep sleep.”

_____ 4. “Most people say they feel better when they sleep more.”

_____ 5. “Scrolling on your phone late at night can make you feel tired and distracted the next day.”

_____ 6. “Sleep is good because it just is.”

Explain what makes strong evidence stronger than weak evidence:
