

Name _____



Sleep Steps

Directions: Read the passage. Paraphrase each numbered sentence. Then combine your paraphrases into one clear summary.

Why Sleep Matters

(1) Sleep gives the brain time to organize memories and store new information for learning. (2) Getting enough rest also helps the body grow, repair muscles, and stay healthy. (3) When people do not get enough sleep, they often feel tired, have trouble focusing, and make more mistakes during the day. (4) Regular sleep schedules help the body know when it is time to feel alert and when it is time to rest.

Paraphrase of Sentence 1:

Paraphrase of Sentence 2:

Paraphrase of Sentence 3:

Paraphrase of Sentence 4:

Merge Into One Summary

Use your paraphrases to write **one concise summary** of the entire passage.