

GEPT Elementary Sleep and Study Handout

Sleep and Study: Why Rest Helps Students Learn

Teacher Notes 教師備課

- Level: GEPT Elementary / CEFR A2
- Class time: 50-90 minutes
- Skills: reading, vocabulary, dialog, speaking practice, quiz

A. Vocabulary 單字解析

Word	Part	中文	Easy meaning	Example
sleep	n./v.	睡眠；睡覺	rest with your eyes closed	I need more sleep.
rest	v./n.	休息	to stop and relax	Rest helps the body.
concentrate	v.	專心	to think carefully about one thing	I cannot concentrate when I am tired.
schedule	n.	時間表	a plan for time	My sleep schedule is regular.
energy	n.	精力	power to do things	Breakfast gives me energy.
grade	n.	成績	a score in school	Good sleep may help grades.
tired	adj.	疲倦的	needing rest	I feel tired today.
healthy	adj.	健康的	good for your body	Sleep is a healthy habit.

B. Reading 1 | The Late Night Test

Emma has an English test on Friday. On Thursday night, she studies until one o'clock. She thinks more study time means a better grade. The next morning, she feels very tired.

During the test, Emma knows many words, but she makes simple mistakes. She cannot concentrate well. After class, her teacher asks, 'Did you sleep enough last night?' Emma shakes her head.

Emma learns that sleep is part of studying. The next week, she studies earlier and goes to bed before eleven. She feels better and answers questions more carefully.

C. Reading 2 | Why Students Need Sleep

Sleep helps students stay healthy and ready to learn. When students do not get enough sleep, they may have trouble paying attention. They may also feel unhappy, weak, or easily angry.

Health experts say children and teenagers need many hours of sleep each night. Middle school and high school students often need more sleep than they get on school nights.

Good sleep habits can help. Students can keep a regular bedtime, turn off screens before bed, and prepare school things earlier. A better night can make the next day easier.

D. Reading 3 | A Better Evening Plan

Emma makes a new evening plan. At seven, she reviews vocabulary. At eight, she does math homework. At nine, she packs her bag and puts her phone on the desk outside her bedroom.

At first, it is hard because Emma wants to check messages. But after a few days, she falls asleep faster. She also wakes up with more energy.

On Monday, Emma tells her friend, 'I still study, but I do not study too late.' Her friend says, 'Maybe I should try that too. I always feel sleepy in class.'

E. Dialog Practice 口說對話

Dialog 1 Before a Test	
Emma	I studied until one last night.
Teacher	Did you sleep enough?
Emma	No. I feel very tired.
Teacher	Next time, study earlier and rest.
Emma	I will try.
Dialog 2 Phone Before Bed	
Dad	Why is your phone in bed?
Emma	I am checking one message.
Dad	Screens can make sleep harder.
Emma	OK. I will put it on my desk.
Dad	Good plan.
Dialog 3 A Better Schedule	
Friend	How do you have more energy?
Emma	I sleep earlier now.
Friend	Does it help studying?
Emma	Yes. I can concentrate better.
Friend	I need that too.

F. Speaking Practice 口說練習

- I usually go to bed at ____.
- When I do not sleep enough, I ____.
- A good sleep habit is ____.
- Before a test, students should ____.

G. Quiz 測驗

1. Why does Emma make simple mistakes?

Answer: _____

2. What does sleep help students do?

Answer: _____

3. Name one good sleep habit.

Answer: _____

4. Where does Emma put her phone?

Answer: _____

5. Ask a friend when they go to bed.

Answer: _____

6. Give one study-and-sleep tip.

Answer: _____

H. Answer Key 答案

1. Because she is tired and cannot concentrate well.
2. It helps students stay healthy and ready to learn.
3. Keep a regular bedtime, turn off screens, or prepare school things earlier.
4. On the desk outside her bedroom.
5. When do you usually go to bed?
6. Possible answer: Study earlier and sleep enough.

Source Notes 來源參考

- CDC Sleep and Health: <https://www.cdc.gov/physical-activity-education/staying-healthy/sleep.html>