

Read the passage carefully. Then answer the questions using clues and evidence from the text.

The Sleep Study: How Rest Helps Memory



A group of third-grade students took part in a special sleep study. The scientists wanted to learn how sleep affects memory. They divided the students into two groups. For one week, the first group went to bed early and got about nine hours of sleep each night. The second group stayed up later and got only seven hours of sleep.

At the end of the week, all the students took a memory test. The test asked them to remember a list of words and a set of pictures they had seen earlier. The scientists carefully looked at the scores from both groups. They noticed something important.



The students who had slept for nine hours each night remembered many more words and pictures. Their test scores were much higher than the scores of the students who had only slept for seven hours. This study helped the scientists understand more about how our brains work when we rest.

COMPREHENSION QUESTIONS

(1) **Based on the passage, what can you conclude about how sleep affects students' memory?**

- A Getting more sleep helps students remember things better.
- B All students remember the same amount, no matter how much they sleep.



- C Sleeping less makes students better at memory tests.
- D The study shows that sleep only affects how fast students run.

(2) What does the passage suggest about why the group with nine hours of sleep scored higher?

- A They had more time to study because they woke up earlier.
- B Their brains were more rested and could work better to remember information.
- C They were naturally smarter than the other group of students.
- D The memory test was easier for them to complete.

(3) The author mentions the two different sleep times (nine hours and seven hours) most likely to show that...

- A students should always sleep exactly nine hours every night.
- B different amounts of sleep can have different effects on memory.
- C it is hard for students to get enough sleep during the week.
- D the scientists wanted to see which group liked sleeping more.

(4) Which statement is NOT well-supported by evidence from the passage?

- A The study showed that getting more sleep can improve memory test scores.
- B Scientists are interested in how sleep affects the brain.
- C The students who slept less were not trying their best on the test.
- D Two groups of students were compared in the sleep study.



(5) What clues in the passage helped you infer that sleep is important for memory? Use details from the passage.

