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Sleep Well
You need sleep.

You need to get a goodnight sleep.

When you are tired you have low energy.

Sleep helps your body rest.

Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney
Guess What?

Yawning seems to be contagious or catching. Did you yawn when you read this sentence?
How much is enough?

Yawning is a sign of being tired.

You need 9 to 10 hours of sleep to feel rested.

Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney
Adapted from the original text, *Sleep Well: Why You Need to Rest*, by Kathy Feeney
The Sleep cycle

Stage 1: Falling asleep

Stage 2: light sleep

Stage 3 and 4: Deep and Quiet REM sleep equals (very fast Eye Movement)

Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney
Guess What?

People usually do not remember sleepwalking when they wake up.
Most people change their sleeping position more than 30 times in one night. This action often is called "tossing and turning."
Sleep walking

Some people walk during the sleep stage.

You can look awake or like you are sleeping.

Adapted from the original text, *Sleep Well: Why You Need to Rest*, by Kathy Feeney
Talking in your sleep

You could talk in your sleep at any stage of the sleep cycle.

You could act awake when you are talking in your sleep.

Most often you don't remember talking in your sleep.

Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney
Dreaming occurs during this stage.

Eyes move back and forth while eyelids are closed.
Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney
Nightmares

A nightmare is a bad dream.

Nightmares also happen during REM.

You feel scared, angry or sad and wake up during nightmares.

Adapted from the original text, *Sleep Well: Why You Need to Rest*, by Kathy Feeney
When you cannot sleep

Sometimes people are not able to fall asleep.

Not getting the sleep you need is called INSOMNIA.
Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney.
Having a schedule helps sleeping patterns.

A schedule is going to bed and waking up at the same time each day.

You feel rested and ready for your day.
Key Words

Energy: Strength to do things without getting tired.

INSOMNIA: Can’t fall asleep or stay asleep.

Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney
The end

Adapted from the original text, Sleep Well: Why You Need to Rest, by Kathy Feeney