

Inside Reading Level 4
Unit 2 Skill Review: Outlining as You Read

Name: _____

Date: _____

A The Unit 2 Review Skill asks you to use the bullet point and indention method to outline Reading 2. Read the excerpt below from “You’re Getting Very Sleepy.” Then complete the outline.

Significance

The National Highway Traffic Safety Administration estimates that drowsy or fatigued driving leads to more than 100,000 motor vehicle crashes per year. Even small disruptions in sleep can wreak havoc on safety and performance. In a nationwide study between 1986 and 1995, psychologist Stanley Coren studied the effects of the single hour of lost sleep that many Americans experience when they start daylight saving time. The result? A 17% increase in traffic deaths on Mondays following the time change (compared with the Mondays before). Psychologists such as Gregory Hicks have observed similar findings. They observed an increase in traffic fatalities in the week following the change to daylight saving time. It is harder to estimate the toll sleep deprivation takes on people’s health, happiness, and productivity. But according to the National Sleep Foundation, the annual loss in worker productivity due to sleeplessness is about \$18 billion.

Significance of not getting enough _____

- _____ without enough sleep causes accidents
 - leads to more than _____ crashes
 - even an hour loss increases traffic deaths
- hard to estimate effect on _____
 - but annual loss in worker _____ is about \$18 billion

B Now try it on your own. Read the following paragraph also from “You’re Getting Very Sleepy” and take your own notes using the bullet point and indention method in your notebook in the space below it.

Research shows that many people are carrying a heavy “sleep debt” built up from weeks, months, or even years of inadequate sleep. In experiments on sleep debt, researchers pay healthy volunteers to stay in bed for at least 14 hours a day for a week or more. Most people given this opportunity sleep about 12 hours a day for several days, sometimes longer. Then they settle into sleeping seven to nine hours per night. As William Dement put it, “this means ... that millions of us are living a less than optimal life and performing at a less than optimal level, impaired by an amount of sleep debt that we’re not even aware we carry.

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Answer Key

A

Significance of loss of sleep

- driving without enough sleep causes accidents
 - leads to more than 100,000 crashes
 - even an hour loss increases traffic deaths
- hard to estimate effect on people's health, happiness, and productivity
 - but annual loss in worker productivity is about \$18 billion

B

Research shows people have sleep debt

- built up over weeks, months, or even years
- experiments show people are not getting enough sleep
 - with opportunity people will sleep 12 hours a day
 - then settle into pattern of 7 to 9 hours
- millions are performing at a less than optimal level
 - not even aware of how much sleep we are missing