Why Do We Need Sleep?: answers

Year 6 · 12 marks. Accept any sensible answer that is backed up by the text.

1. About a third. (1 mark)

Finding information (2b). A fact stated in the first section.

2. Roughly nine to eleven hours each night. (1 mark)

Finding information (2b). Finding a specific figure in the third section.

3. stores (1 mark)

Word meaning (2a). Matching a word in the text to a simpler meaning.

4. “sleep is one of the most important things we do” (1 mark)

Quoting from the text. Choosing the exact words that prove a point is a Year 6 skill.

5. While we sleep the brain sorts through the day’s experiences, stores the important memories and clears away the details that are not needed. (2 marks)

Explaining from the text. Joining two or three facts into one clear explanation.

6. That sleep may look like doing nothing, but it is actually very active and useful for the body and the brain. (2 marks)

Inference (2d). The writer sets two ideas against each other, and the child explains the point.

7. The bright light can trick the brain into thinking it is still daytime. (1 mark)

Explaining from the text. A reason that is stated in the final section.

8. Sleep lets the body repair itself and the brain store memories (1). Not enough sleep makes people struggle to concentrate and feel grumpy or ill (1). A regular bedtime, a calm dark room and no screens before bed help (1). (3 marks)

Summarising (2c). Summing up a whole text means choosing the main points and leaving out the detail.

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