

1ª série

Reading comprehension (interpretação)

EM13LGG403

EM13LGG104

Interpretação de texto informativo: por que os adolescentes vivem cansados?

① Reading

Read the text and choose the correct answer.

Why are teenagers always tired?

If you find it hard to fall asleep before midnight and even harder to wake up for school, you are not lazy: your body clock may be the reason. During adolescence, the brain starts to release melatonin, the hormone that makes us sleepy, about two hours later than it did in childhood. As a result, many teenagers naturally feel awake late at night.

Health experts recommend that people aged 13 to 18 sleep between 8 and 10 hours a night. However, many high school students sleep much less than that on school nights. Lack of sleep can affect memory, mood and concentration, and it may also increase the risk of accidents.

Screens make the problem worse. The blue light from phones and tablets can delay the release of melatonin even more. For this reason, specialists suggest turning off devices at least one hour before bed, keeping a regular schedule, even on weekends, and avoiding caffeine in the afternoon.

Some schools in the United States and in Europe have decided to start classes later in the morning. The first results are promising: students are arriving on time more often, and their grades have improved.

1. What is the main purpose of the text?

- ☐ a) To sell a product that helps people sleep.
- ☐ b) To explain why teenagers feel tired and give some advice.
- ☐ c) To tell the story of a student who failed at school.
- ☐ d) To criticize schools that start classes later.

2. According to the text, melatonin is:

- ☐ a) a type of blue light
- ☐ b) a sleeping pill
- ☐ c) a hormone that makes us sleepy
- ☐ d) a part of the brain

3. How many hours of sleep do experts recommend for teenagers?

- ☐ **a)** Between 8 and 10
- ☐ **b)** Less than 7
- ☐ **c)** Exactly 7
- ☐ **d)** More than 10

4. "As a result" (paragraph 1) expresses:

- ☐ **a)** contrast
- ☐ **b)** addition
- ☐ **c)** example
- ☐ **d)** consequence

5. The word "promising" (last paragraph) suggests that the results are:

- ☐ **a)** negative
 - ☐ **b)** positive
 - ☐ **c)** unknown
 - ☐ **d)** dangerous
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② True or false?

Mark T (true) or F (false) according to the text.

1. According to the text, teenagers who go to bed late are lazy.

- ☐ True
- ☐ False

2. In adolescence, melatonin is released later than in childhood.

- ☐ True
- ☐ False

3. The blue light from screens can delay sleep.

- ☐ True
- ☐ False

4. The text recommends drinking coffee in the afternoon to stay focused.

- ☐ True
- ☐ False

5. All schools in the United States now start classes later.

- ☐ True
 - ☐ False
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③ Vocabulary

Complete the sentences with words from the text.

lack

schedule

mood

delay

improved

release

1. A _____ of sleep can make it hard to concentrate.

2. Try to keep a regular _____, even on weekends.

3. Bad nights can affect your _____: you may feel irritated or sad.

4. Blue light can _____ the moment you fall asleep.

5. After the change, the students' grades _____.

Gabarito

1. Reading

1. b) To explain why teenagers feel tired and give some advice.
2. c) a hormone that makes us sleepy
3. a) Between 8 and 10
4. d) consequence
5. b) positive

3. Vocabulary

1. lack
2. schedule
3. mood
4. delay
5. improved

2. True or false?

1. False
2. True
3. True
4. False
5. False