

Name _____

ReadWorks

A Good Night

It happens every night—bedtime. But what if you're not sleepy? Should you still go to bed if you are just going to lie there with your eyes wide open?

It's a problem that has been around as long as there have been people trying to sleep.

For many, thinking about sleeping only keeps them awake. You might be excited by everything you did that day. You might be excited for what you know you're going to do the day after.

Maybe you can't sleep because you don't like sleeping all alone in your room. Maybe you have a nightmare that keeps coming back every time you close your eyes.

All of these feelings are normal.

One thing that can help is talking to a parent about what you're thinking about. If you're nervous about taking a test, or upset about being teased at school, it can really help to tell somebody. Knowing that somebody has heard you can help your thoughts rest so that you can too.

There's not just one reason why kids can't fall asleep, though, so there's also more than one solution.

If there's anything about your room that makes you feel uncomfortable at night, like a picture that looks strange in the dark, or a noisy faucet that leaks drop after drop, be sure to ask one of your parents if it can be moved or fixed.

It may not even make sense why something bothers you, but if it's keeping you from sleeping, it should be changed.

Another idea could be getting ready for bed earlier than usual. Try to take more time to wind down by taking a warm bath, or listening to a bedtime story at least 30 minutes before you want to go to sleep.

It also helps to keep your bedtime routine and time the same every night. By keeping it the same your body will get the message that it's almost time to sleep. Your body will know to start feeling tired.

If you don't want to wake up anyone but are still having trouble falling asleep, you can try closing your eyes and noticing your breath. Are you breathing easy or is it difficult? If you feel like it's difficult, stay focused on your breath and remind yourself that how you breathe is always up to you. Why not breathe easy?

It's important not to give up just because one solution didn't work and you're still awake. Just trying to figure out what's wrong may be enough to make you so tired that you wake up the next morning without knowing how you fell asleep.

So even if you run out of ideas or never get to the bottom of what's keeping you up, you might still have a restful and good night.

Write your answers to the following questions on notebook paper.

1. Name one thing mentioned in the passage that can keep people from falling asleep at night.
2. Name one thing the passage suggests that people do to help them fall asleep at night.
3. Imagine a friend of yours is having trouble sleeping. Based on the information in the passage, what would you say to him or her? Give evidence from the text to support your answer.

6th Grade AMI Packet Day 2

Name _____

Date _____

A

Multiply by Exponents

| | | |
|-----|-----------------------|--|
| 1. | $10 \times 10 =$ | |
| 2. | $10^2 =$ | |
| 3. | $10^2 \times 10 =$ | |
| 4. | $10^3 =$ | |
| 5. | $10^3 \times 10 =$ | |
| 6. | $10^4 =$ | |
| 7. | $3 \times 100 =$ | |
| 8. | $3 \times 10^2 =$ | |
| 9. | $3.1 \times 10^2 =$ | |
| 10. | $3.15 \times 10^2 =$ | |
| 11. | $3.157 \times 10^2 =$ | |
| 12. | $4 \times 1,000 =$ | |
| 13. | $4 \times 10^3 =$ | |
| 14. | $4.2 \times 10^3 =$ | |
| 15. | $4.28 \times 10^3 =$ | |
| 16. | $4.283 \times 10^3 =$ | |
| 17. | $5 \times 10,000 =$ | |
| 18. | $5 \times 10^4 =$ | |
| 19. | $5.7 \times 10^4 =$ | |
| 20. | $5.73 \times 10^4 =$ | |
| 21. | $5.731 \times 10^4 =$ | |
| 22. | $24 \times 100 =$ | |