So Tired in the Morning: The Science of Sleep

Anticipation Guide and Text Search  
Directions: *Before reading*, in the first column (“Me”) write “T” if you think the statement is true or “F” if you think the statement is false.

*During reading*, in the second column (“Text”) write “T” or “F” according to the information in the article. *Also, rewrite each false statement* by **including specific information** **from the text** (Write what it is, not what it isn’t). *For true statements, add* any additional details that you find in the text.

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| **Me** | **Text** | **Statement** |
|  |  | 1. Light exposure causes the brain’s pineal gland to produce melatonin, a chemical that makes us feel sleepy. |
|  |  | 2. Light is detected by the retina in the eye, which sends nerve signals directly to the pineal gland. |
|  |  | 3. Melatonin production occurs at the same time in the sleep cycle for everyone, including children, teens, and adults. |
|  |  | 4. Melatonin is synthesized from an amino acid called serotonin. |
|  |  | 5. Melatonin is produced by a series of chemical reactions, each of which is catalyzed by a specific enzyme. |
| **Me** | **Text** | **Statement** |
|  |  | 6. Artificial sources of light interfere with melatonin production. |
|  |  | 7. Circadian rhythms are found only in humans. |
|  |  | 8. Caffeine reduces melatonin production, preventing us from feeling sleepy. |
|  |  | 9. Sleeping through the morning on Saturday is a good idea if you want to catch up on sleep lost during the week. |
|  |  | 10. High schools that have switched to later start times have not seen any measurable benefits. |