

Title: Eating to Sleep

Lexile Level: 750L **Grade:** 2-3

Source: TestWiz Item Test Bank

Article: (Limit to four or five paragraphs.)

Many people enjoy a bedtime snack. Yet the foods eaten before going to bed should be chosen wisely. How well you sleep has a lot to do with what you eat. That's because certain foods naturally slow down your brain. Sleep experts call these foods "sleepers."

Some sleeper foods may be well-known to you, like spaghetti. Many people feel tired after eating it. Eating roast chicken or turkey can make you feel the same way. That is because these foods have something in common, a chemical called tryptophan (*trip-tuh-fan*). Other foods that have tryptophan are beans, rice, meats, seafood, and dairy products.

Most of these are not foods people choose as bedtime snacks though. Yet there are plenty of sleeper foods that make good bedtime snacks. Some suggestions are:

- apple pie and ice cream
- bread and butter
- sunflower seeds
- oatmeal-raisin cookies and milk
- peanut butter sandwich
- bananas

These are good sleeper foods in more ways than one. In addition to tryptophan, most have some fat too. The fat makes the food take a while to digest. As a result, you will not wake up hungry during the night. So if you want to sleep well, try one when you get hungry for a bedtime snack. Sleepiness can take a little while to happen, though, so eat the snack an hour before bedtime.

Type I (Literal, explicitly stated facts and details):

What are names of some sleeper foods?

Why should you eat sleeper foods an hour before going to sleep?

Type II (Literal, requires connecting information):

What are the two things in sleeper foods that help you go to sleep and stay asleep?

Type III (Inferential, readers search for clues to support their answers):

Why do some people drink a glass of warm milk before bed?

Based on this article, what do you think happens to students in their afternoon classes?

Type IV (Analyze from a literary perspective):

How does the author help us know some of the different kinds of sleeper foods?