

Unit 2: Burning the Midnight Oil

Reading 2: Technology and Sleep: What is the Connection?

Answer the questions as you read.

1. What kind of questions does the writer use in paragraph 1 and why? _____

2. How does the information in paragraph 2 about the circadian rhythm relate to information from paragraph 3 of reading 1 of this unit? _____

3. Explain the process described in the diagram. _____

4. What does melatonin do? (paragraph 3) _____

5. What does *this* refer to in the first sentence of paragraph 4, "What does *this* have to do with your electronic devices?" _____

6. What does *to the contrary* mean in "You are unable to fall asleep, since your body has received messages *to the contrary*"? (paragraph 4) _____

7. Why is it important to note that sleep research is often carried out in mice? (paragraph 5) _____

8. What is the main idea of paragraph 6? _____

9. What are three ways that using devices at night could be beneficial? (paragraph 7)

