

# Reading Comprehension Worksheet: Reasons and Evidence

Read the short story and answer each question.



## Why We Need Sleep

Jasper was always full of energy. He loved to play soccer, build LEGO cities, and read books late into the night. But one morning, Jasper felt tired and grumpy. He had stayed up too late reading under his covers. "Why do I have to sleep so much?" he asked his mom.

There are several important reasons why sleep matters. First, sleep helps your **body grow and heal**. While you sleep, your body works quietly—fixing muscles, growing bones, and helping your brain stay sharp. Without enough sleep, your body can't do those important jobs.

Another reason is that sleep **improves memory and focus**. When you sleep, your brain organizes what you learned during the day. People who get enough sleep can remember facts better and pay more attention in school. Jasper realized that on days he slept well, reading and math felt easier.

Sleep also helps you **stay in a good mood**. When people are tired, they feel cranky or upset more easily. Getting enough rest helps you feel calm and ready for the day.

Now Jasper knows sleep isn't a waste of time—it's one of the best things he can do to feel strong, smart, and happy.



Name: \_\_\_\_\_

## Why We Need Sleep

1. Why is sleep important for your brain?

- A. It helps you feel tired.
- B. It helps you forget things.
- C. It helps you focus and remember.
- D. It makes you hungry.

2. What happens if people don't get enough sleep?

- A. They grow faster.
- B. They feel happy all the time.
- C. They get cranky or upset.
- D. They become taller.

3. Fill in the blank:

Jasper stayed up too late reading and felt \_\_\_\_\_ the next day.

4. What are two reasons the author gives to explain why sleep is important?

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5. How did Jasper's thinking change from the beginning of the story to the end?

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# Parent and Teacher Guide

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**Guide Reading Level:** M

**Lexile Level:** 425L-575L

**Grade Level:** 2nd Grade, End of the Year

**Genre:** Informational

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## Introducing the Text

"Today's nonfiction text will help us explore something all of us do—**sleep**! But sleep is more than just resting. As we read, we'll find out why sleep is important and look for the reasons the author gives to support that idea."

**Vocabulary:** focus, memory, mood, heal, energy

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## Before Reading Discussion Questions

1. What do you know about why we need sleep?
  2. How do you feel when you don't get enough rest?
  3. What do you think your brain does while you're sleeping?
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## During Reading Discussion Questions

1. What does the author say about how sleep helps the body?
  2. How does sleep help you do better in school?
  3. Why is sleep good for your mood?
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## After Reading Discussion Questions

1. What is the main idea of this text?
  2. What are the author's reasons for saying sleep is important?
  3. What changes might Jasper make now that he knows more about sleep?
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## Activity Idea

Invite students to create a **"Sleep Superpower Poster."** They can draw a comic-style image of themselves after a great night's sleep—showing them feeling strong, focused, and happy. Then, they write one sentence using information from the story: "Sleep helps me because..."

