

<b>Title:</b> <i>You Wouldn't Want to Live Without Sleep!</i>	<b>Author:</b> Jim Pipe/ Mark Bergin
<b>Genre/Unit:</b> Informational/ Building Knowledge	<b>Warm Up:</b> <i>Goodnight, My Angel</i> paraphrased from Billy Joel lyrics

Ah...sleep! Do you know that most people spend a third of their life sleeping - around 25 years or more! We all need sleep to stay healthy and happy, but no one really knows why we do it. Learn about what happens to our bodies when we sleep and about those dreams and nightmares. Filled with fun facts and written with an often humorous tone.

## Vocabulary

What other words can you add to this list?

Sleep Words	The Science of Sleep
<ul style="list-style-type: none"> <li>• power nap</li> <li>• snooze</li> <li>• yawn</li> <li>• early bird</li> <li>• night owl</li> <li>• nodding off</li> <li>• snoring</li> <li>• slumber</li> </ul>	<ul style="list-style-type: none"> <li>• circadian rhythm</li> <li>• REM sleep</li> <li>• sleep deprivation</li> <li>• jet lag</li> <li>• bedbugs</li> </ul>

## Warm Up Poem:

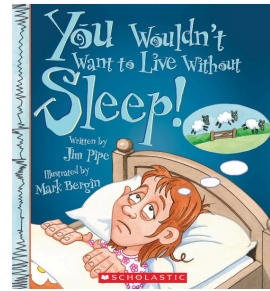
### Goodnight, My Angel

#### Paraphrased from Lyrics by Billy Joel

Goodnight my angel,  
Time to close your eyes.  
Save questions for another day.  
You should always know,  
I am never far away.

Goodnight my angel,  
Now it's time to sleep.  
Like a boat on the ocean,  
in waters deep,  
I'm rocking you to sleep.  
Inside my heart,  
you'll always be

a part of me.  
Goodnight my angel,  
Now it's time to dream.  
Dream how wonderful  
your life will be.  
Some day a child may cry,  
and if you sing this lullaby,  
then in your heart,  
there'll always be a part of me.



## Reading

Informational books do not need to be read from beginning-to-end like a narrative. Use the Table of Contents and the Index to help your students pick out the information they want to know. You may wish to brainstorm that list of questions before sharing the book. What are they wondering about?

## Extensions

### Writing

- question/answer format
- timeline
- Fun Facts
- text boxes
- sidebar
- bulleted list
- talking balloons
- Tips
- glossary
- index

## Vocabulary

Tier 3 vocabulary is sometimes called content-specific, or expert words. Teach a friend about sleep and sound like a sleep expert!

### Other titles you may enjoy:

- This book is from a series. Other topics include: toilets, fire, bacteria, money, plastic... even poop!
- *Every Dreaming Creature* by Brendan Wenzel (a Caldecott Honoree)