

Name _____

Date _____

Analyze and Evaluate Arguments and Text Structures**Choose the correct answers based on the passage.****Reading Before Bedtime**

Reading before bedtime can help you relax and sleep better. Research shows that reading for just 15 minutes calms the mind, helping you fall asleep faster. It also improves vocabulary and imagination, making kids better learners. Unlike phones or TVs, which emit blue light and make sleep harder, books prepare your brain for rest.

1. What is the author's main argument?

- A. Watching TV before bed is harmful.
- B. Reading before bedtime has many benefits.
- C. Kids need to sleep early for better grades.
- D. Technology isn't good for students.

2. Which evidence supports the author's argument?

- A. Reading improves grades in school.
- B. Phones are more fun than books.
- C. Kids enjoy reading every day.
- D. Blue light makes sleep harder.

3. What is the purpose of the title "Reading Before Bedtime"?

- A. To explain reading techniques.
- B. To grab the reader's attention.
- C. To inform about study habits.
- D. To persuade people to read books.

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Analyze and Evaluate Arguments and Text Structures – Answer Key**Choose the correct answers based on the passage.****Reading Before Bedtime**

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