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Quote and Paraphrase

Quoting the text means using the author's exact words to support an analysis of the text. Use a quotation when the author's specific words are critical to making your point. Always use quotation marks to show that you are using the author's words rather than your own.

Paraphrasing the text is restating something in your own words. Paraphrasing helps you clarify the author's meaning, because you must understand it before you can rephrase it.

Read the following passage and answer the questions.

The Hidden Impact of Sleep

Dr. Matthew Walker, a neuroscientist and sleep expert, states, "Sleep is the single most effective thing we can do to reset our brain and body health each day." His research demonstrates that even modest sleep deprivation can have profound consequences on both physical and mental performance.

According to Walker's bestselling book "Why We Sleep," consistently getting less than seven hours of sleep per night is linked to increased risk of heart disease, diabetes, and even certain cancers. Walker explains that during deep sleep, our bodies perform essential maintenance functions that cannot occur during wakefulness. "Think of sleep as the best health insurance policy you could ever wish for," he writes.

The consequences of inadequate sleep extend beyond physical health. A 2019 study published in the Journal of

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Sleep Research found that teenagers who slept fewer than six hours per night scored significantly lower on cognitive tests than those who slept eight hours. The researchers concluded that "sleep plays a crucial role in memory consolidation and learning processes."

Perhaps most concerning is how many people dismiss sleep as unimportant. In a 2018 interview, Walker noted, "The number of people who can survive on six hours of sleep or less without measurable impairment, rounded to a whole number and expressed as a percentage of the population, is zero." Despite this fact, nearly one-third of American adults report regularly sleeping fewer than six hours per night. As Walker summarizes, "Sleep is not an optional lifestyle luxury. Sleep is a non-negotiable biological necessity."

1. Identify one direct quote from the passage and explain what information it provides about sleep.

2. Paraphrase the main idea from the third paragraph in your own words.

3. How would you properly cite the information about the percentage of people who can survive on six hours of sleep?

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Quote and Paraphrase-Answer Key

1. Identify one direct quote from the passage and explain what information it provides about sleep.

"Sleep is not an optional lifestyle luxury. Sleep is a non-negotiable biological necessity." This quote emphasizes that sleep is essential for survival, not just a preference or convenience.

2. Paraphrase the main idea from the third paragraph in your own words.

Research shows that teenagers who don't get enough sleep perform worse on cognitive tests than well-rested peers, suggesting that sleep is essential for brain function and learning.

3. How would you properly cite the information about the percentage of people who can survive on six hours of sleep?

According to Dr. Matthew Walker in a 2018 interview, zero percent of the population can function effectively on six hours of sleep or less without experiencing measurable impairment.