

The Sleep Cycle

Main Idea and Supporting Details

Grades
3-5

The Sleep Cycle Main Idea and Supporting Details

Circle the sentence that states the main idea.
Highlight the sentence that can support the main idea.



A regular part of a human's life includes sleep, and there are several
sometimes sleep is known as "getting off". The first stage of the
sleeping process that is followed by the second stage of sleep, light
stage of sleep is deep sleep, when a person is very relaxed. The
third stage of sleep is called REM sleep, rapid eye movement, which is the part of the sleep cycle

Write three supporting details below.

1

2

The Sleep Cycle Main Idea and Supporting Details

Circle the sentence that states the main idea.
Highlight the sentence that can support the main idea.



A regular part of a human's life includes sleep, and there are several parts of sleep
sometimes sleep is known as "getting off". The first stage of the sleep cycle is
falling asleep, that is followed by the second stage of sleep, light sleep. The third
stage of sleep is deep sleep, when a person is very relaxed. The final stage of sleep
is called the sleep cycle, rapid eye movement, which is the part of the sleep cycle

Write three supporting details below.

1

2

3

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