

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 zzz". The first stage of the
sleeping process 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 REM sleep. Sleep is an important part of the body.

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 zzz". 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 REM sleep. Sleep is an important part of the body.

Write three supporting details below.

1 _____

2 _____

3 _____

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Clemens Wendtner

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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