Teacher Answer Key

Case Study

1. Theo was almost certainly overtired. The reading explains that a tired preschooler often looks wired, defiant, and emotionally explosive rather than sleepy, so the running and arguing were symptoms of too little sleep rather than deliberate resistance.

2. Young children track sequence more reliably than time, so a predictable chain of events tells them what is coming next. Because the order is the signal, dinner, bath, books, bed still communicates that sleep is next even when the clock time shifts.

Multiple Choice

1. D

2. B

3. A

Matching

1-D, 2-A, 3-E, 4-B, 5-C

Fill-in-the-Blank

1) cycles, 2) minutes, 3) drowsy

Short Answer (Sample Responses)

Q1: A tired child usually does not look sleepy. Short sleep shows up as hyperactivity, defiance, clumsiness, and emotional outbursts, so adults treat the symptoms as misbehavior and miss the cause, which is that the child needs more hours of sleep.

Q2: Everyone surfaces between sleep cycles, and infants cycle about every fifty minutes. The waking itself is normal biology. What matters is whether the child can fall back asleep without recreating the conditions they fell asleep in originally.

Q3: By keeping the order fixed even when the hour moves. Dinner, bath, books, and bed in that sequence signals to the child that sleep is next, so the routine still works on a shift that starts at a different time each week.