A Bug's Sleep

Every **mammal** needs sleep, as do birds and **reptiles**, such as snakes. But what about **insects**? Do they need sleep? Scientists have been trying to discover the truth about insect sleep **behavior** for years. Scientists first thought insects did not need sleep. According to them, the insect brain was not complex enough to need it. Scientists said that some kinds of brain activity, like dreaming, were sleep behaviors. Insects do not dream, so scientists said that they did not sleep. They believed that insects rested, instead.

However, new studies have shown that some insects may actually sleep. There are four types of behavior during sleep. First, sleeping people and animals don't move much. Also, they have a **position** for sleeping; for example, they lie down. Additionally, they don't wake up easily when hearing noises or seeing light. Lastly, they are able to come out of sleep quickly in response to some intense **stimulant**.



Scientists have now seen similar behaviors in **fruit flies**. For example, fruit flies become **still** every night for about seven hours. At these times, they sit in a different way, let their **antennae** drop, and do not respond to quiet noises. The flies do begin to move around when louder noises are made. Scientists think that some insects may have their own unique kind of sleep.

Choose the best answer.

1. What is the main idea of this reading?
   a. Fruit flies show sleep behavior.
   b. Scientists were wrong.
   c. Scientists have changed their view about insect sleep.
   d. Animals die without sleep.

2. Which of the following animals do NOT sleep?
   a. Black bears
   b. Chickens
   c. Rattlesnakes
   d. All of these animals sleep

3. Why did scientists believe that insects did not need sleep?
   a. Insects don't work hard.
   b. Insects can't close their eyes.
   c. Insects don't dream.
   d. Insects don't live very long.

4. How did scientists learn that insects sleep?
   a. They used brain scanning machines.
   b. They put flies in dark rooms.
   c. They watched insects.
   d. They took the antennae off flies.

5. What do fruit flies do for seven hours each day?
   a. Sleep
   b. Eat
   c. Make noise
   d. Fly

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