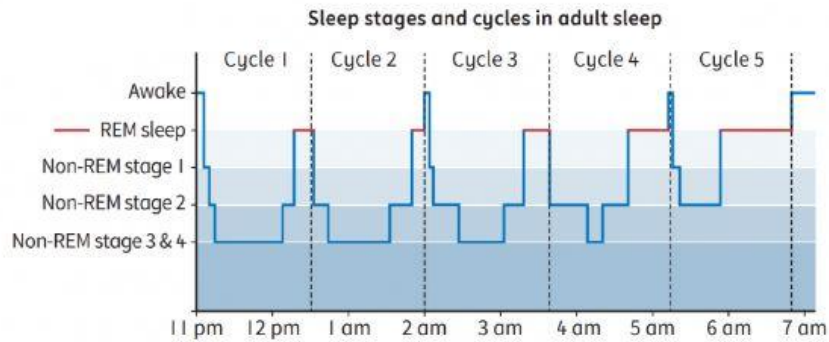


Lessons 9–10 Sleep



2 Complete the table with words from the box.

deep dreaming wake up repair light REM decrease muscles

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
4–5%. _____ ¹ sleep. Occasional muscle movement.	45–55%. Breathing and heart rate slows. _____ ² in body temperature.	4–6%. _____ ³ sleep begins. Brain begins to slow down.	12–15%. Very deep sleep. Blood flows to _____ ⁴ . Body begins to _____ ⁵ itself.	20–25%. _____ ⁶ sleep. Brain waves speed up and you start _____ ⁷ . Muscles relax. Heart rate increases. Breathing is rapid.