



Sentence Completion Practice Questions

Complete the sentences below.

Write **NO MORE THAN 2 WORDS** for each answer.

1. A person's circadian rhythm determines their _____ during the course of a day.
2. Compared to the 1940s, the average American is now typically getting an entire _____ sleep.
3. Some people are proud of not getting enough sleep and consider it a badge of _____.
4. A lack of sleep has been _____ to a variety of diseases.
5. The 3 stages of sleep are referred to as _____, REM, and deep sleep.
6. When people don't get ample amounts of deep sleep, it can hurt their ability to learn and their bodies and its cells to _____.
7. A laboratory in _____ has proven that certain sounds being played at the right moments during deep sleep can make people sleep more deeply and efficiently.
8. When played during deep sleep, these sounds cause people's minds to produce more regenerative _____.
9. This occurred despite the fact that participants in the study were completely _____ that any sounds had been played during their sleep.
10. Researchers eventually discovered that it was possible to _____ accurately with no need to hook people up to electrodes and make them sleep more deeply.