

Read the passage and find the following things:

1. Two animals which might not really sleep: _____ and _____.
2. An animal which sleeps for 4 to 5 months every year: _____.
3. Three things which influence the amount of sleep a human being needs: _____, _____ and _____.
4. The number of hours of sleep which people need:
 - a. a preschool children _____.
 - b. schoolchildren: _____.
 - c. most adults: _____.
5. three types of nightmares:
 - a. _____.
 - b. _____.
 - c. _____.

	Sleep
1	Sleep is something we generally associate with living creatures. Of course, it is true that a lot of animals sleep, but zoologist are not certain that primitive forms of animal like, like worms and snails, ever really sleep. On the other hand, animals such as bears sleep for 4 or 5 months every year.
5	The amount of sleep a human being needs depends on the age, the individual and possible race. For example, doctors think that pre-school children need between 10 to 12 hours a night, school children between 9 and 11 hours, and adults between 7 and 9 hours. There are exceptional cases of old people who only sleep between 2 and 3 hours a day and continue to be active and healthy.
10	They sleep requirements of different races also appear to be different. Japanese people, for example, sleep fewer hours than Europeans. It is known or certain if mental activity (apart from dreaming) occurs when a person is asleep. However, it is certainly true that some people can wake up at a specific, pre-determined time. There are also stories about mathematicians who solve problems during the sleep, because their subconscious mind continues working in the problem.
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20	Some types of unpleasant dreams (or nightmares) are quite common: the dreamer is taking a test but is not properly prepared; he is falling from a tree, or an animal or other things is chasing him. Some people say these two occur because man's ancestors lived in trees and were in constant danger from wild animals.