

The secrets of sleep

Why do we sleep?

From birth, we _____ (spend) a third of our lives asleep but scientists still _____ (not/ know) exactly why.

Why _____ problems sleeping?

In modern society, many people _____ (not/ get) the recommended seven or eight hours a night. We _____ (work) long hours and we rarely _____ (go) to bed at sunset.

Why _____ (we / sleep) differently?

It _____ (depend) on the time of the year and also our age. Teenagers always _____ (need) more sleep than adults. Lots of elderly people _____ (no/sleep) longer than four or five hours, but they often (take) naps during the day.

