

1. Знайдіть в тексті слова-синоніми та запишіть їх

Find in the text the words for:

quickly — r...

find and answer a problem — s...

a very frightening dream — n...

take and let out air — b...

a period or a step in a process — s...

2. Скажіть, правда чи неправда

Say if the following statements are true or false.

1 We go through 4 stages of sleep.

T	F
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2 We dream in the last stage.

T	F
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3 We dream only once.

T	F
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4 REM means “remember everything in the morning”.

T	F
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5 Our body is more active in the REM stage.

T	F
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6 Dreams are good for us.

T	F
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7 Chocolate in the evening is a good idea.

T	F
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8 Exercising before bedtime helps you fall asleep.

T	F
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