



Read the text below. For questions (1-7) choose the correct answer.

### 1. Why do we need sleep?

Sleep rests our bodies and our brains. Scientists are not exactly sure what the brain does (1)\_\_\_\_\_ we sleep, but some think that (2)\_\_\_\_\_ sorts through information, replaces chemicals and solves the problems (3)\_\_\_\_\_ day. Not getting enough sleep can make you tired, anxious and not able to think clearly. It can also affect (4 )\_\_\_\_\_ immune system, which stops you getting ill.

### 2. How to get enough sleep?

Try to go to bed (5)\_\_\_\_\_ the same time every night. (6 )\_\_\_\_\_ helps your body get into a routine. Also, try to go to bed feeling calm! Don't drink caffeine, do exercises or watch scary movies just before bedtime!

### 3. How much sleep do we need?

Generally, kids need 10 to 11 hours (7 )\_\_\_\_\_ adults need from seven to eight hours of sleep each night. This means that we sleep for at least one third of our lives!

- |    |            |           |           |          |
|----|------------|-----------|-----------|----------|
| 1. | 1. because | 2. during | 3. while  | 4. from  |
| 2. | 1. they    | 2. it     | 3. people | 4. men   |
| 3. | 1. a       | 2. the    | 3. as     | 4. any   |
| 4. | 1. you     | 2. your's | 3. yours  | 4. your  |
| 5. | 1. to      | 2. in     | 3. at     | 4. with  |
| 6. | 1. it      | 2. this   | 3. these  | 4. those |
| 7. | 1 as.      | 2. so     | 3. but    | 4. then  |

