

NAME: _____

DATE: _____

HOMEWORK

Unit 5. The Science of Sleep

Every night we fall asleep and then wake up the next morning. ①

The first part of the cycle is slow-wave sleep. ② It becomes difficult to wake up.

The second stage is REM (Rapid Eye Movement) sleep. ③ The brain becomes active and we experience dreaming. ④

[A-D] Complete the sentence. Then add the sentence to the right place.

A. In this stage, / and the heart rate / rises / body temperature / speeds up.

☐

B. the brain / unimportant information / gets rid of / In this stage,

☐

C. less to noises. / and the brain responds / Breathing / slows

☐

D. We / the sleep-wake / go through / cycle.

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