

NAME: _____

DATE: _____

HOMEWORK**Unit 5- The Science of Sleep**

Fill in the blank with the correct answers (see student book for reference)

Every night we fall asleep and then wake up the next morning. We go through the sleep-wake (1) _____. We need to do this every night to stay (2) _____ and happy.

The first part of the cycle is slow-wave sleep. In this (3) _____, the body (4) _____. Breathing slows and the brain (5) _____ less to (6) _____. It becomes difficult to wake up.

The second stage is REM (Rapid Eye Movement) sleep. In this stage, body (7) _____ rises and the heart (8) _____ speeds up. The brain becomes (9) _____ and we (10) _____ dreaming. In this stage, the brain gets rid of unimportant information.

Important things happen while we sleep. The body and mind are reset and (11) _____. Our bodies grow (12) _____ and (13) _____ muscles. The (14) _____ system is also strengthened.

Without enough sleep, we can get sick and feel sad. It can also cause (15) _____ gain and other health problems. Thinking can become difficult. Try to sleep for eight hours every night.