

Are you getting enough sleep?

fur	nights	awake	blurry	hands	football player
bed	dangerous	purpose	relieve	sleeplessness	
understand	cells	high school			

Randy Gardner a **1.** _____ student from the United States designed an experiment on the effects of **2.** _____ for a school science Project, he stayed **3.** _____ for 11 days and nights. After 24 hours without sleep Gardner started having trouble reading and watching TV, he saw words and pictures too **4.** _____, had trouble in doing things with his **5.** _____. He also hallucinated and imagined that he was a famous **6.** _____. Over the next few days Gardner's speech became so slurred that people couldn't **7.** _____ him. He had trouble remembering things and couldn't remember what he was doing.

When Gardner finally went to **8.** _____, he slept for 14 hours and 45 minutes and after four **9.** _____, he returned to his normal sleep schedule.

Scientists believe that going without sleep can be **10.** _____. In a similar experiment with white rats, they started losing their **11.** _____ and eventually died after a few weeks without sleep. Scientists aren't sure about the **12.** _____ of sleep, some think that sleep replenishes brain **13.** _____, while others think that sleep helps the body to grow and to **14.** _____ stress.