- I definitely think you are telling the truth.

Lessons 9–10 **Sleep**

1 Circle the correct option.

1 Sleep is made up of a number of **disorders** / **cycles**.
2 There are five **stages** / **hours** of sleep in total.
3 There are four stages of **dream** / **non-REM** sleep.
4 In stage 1, you enter a **light** / **deep** sleep.
5 In stage 3, you enter a **long** / **deep** sleep and it's difficult to wake up.
6 The last stage of sleep is **light** / **REM** sleep. This is when you dream.
7 Insomnia is a type of sleeping **disorder** / **stage**.

2 Complete the table with words from the box.

deep dreaming wake up repair light REM decrease muscles

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
4–5%. _____[1] sleep. Occasional muscle movement.	45–55%. Breathing and heart rate slows. _____[2] in body temperature.	4–6%. _____[3] sleep begins. Brain begins to slow down.	12–15%. Very deep sleep. Blood flows to _____[4]. Body begins to _____[5] itself.	20–25%. _____[6] sleep. Brain waves speed up and you start _____[7]. Muscles relax. Heart rate increases. Breathing is rapid.

3 Choose the correct words to complete the collocations.

1 Adel was so tired he fell **sleep** / **asleep** immediately.
2 Mira had a **light** / **deep** sleep and didn't wake up all night.
3 We can experience about five or six sleep **REMs** / **cycles** in one night.
4 Grandpa was tired, so he had a **deep** / **little** sleep for 10 minutes after lunch.
5 Nabeel doesn't wake up easily because he's a **heavy** / **light** sleeper.
6 Grandma has insomnia. It's a sleeping **cycle** / **disorder**.

LIVEWORKSHEETS