# Amazing facts about sleep

## Did you know that ...

Most people spend ____ of their lives sleeping. Sleep is important for us.

You can't miss a night's sleep and then sleep for ____ hours. It doesn't work like that. Try to sleep for 8 hours every night.

About ____ of people dream in black and white. Before we had colour TV, about ____ of us dreamt in black and white!

It's very healthy to take a nap. ____ of people in the US take a nap for ____ minutes every day.

The world record for not sleeping is for 11 days and 25 minutes. This is dangerous for us. We need sleep to stay healthy.

Giraffes only need 1.9 hours of sleep in ____ hours. It's dangerous for them to sleep for long. They might become a snack for hungry lions.

Many of us talk in our sleep. ____ talk in our sleep at least once in our lives.

Cats are lazy. They sleep ____ of their lives. What about koalas? They sleep for ____ hours a day! But, they aren't lazy. It's because they don't get a lot of energy from their food.

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