



Listen to the text and mark the statements

True (1),

False (2),

Not Stated (3).

1. The scientists have been studying sleeping since ancient times
2. We might feel colder when we're sleeping.
3. It isn't easy to wake someone during stage N3.
4. Our brain is less active during REM sleep.
5. Not getting enough sleep causes problems in the long run.
6. Most people don't have enough sleep.
7. People who get enough sleep may live longer than those who don't.
8. Exercising before bedtime helps you sleep.

