
C18 – D4. Reading comprehension. Answer the questions below.

Read the statements. Write “TRUE” or “FALSE” in the blank space according to the article.

- _____ - People of the past didn't have to worry about their sleeping schedules.
- _____ - The advances in technology are one reason people's sleeping habits have changed.
- _____ - People working the night shift sleep on average more than others.
- _____ - Different people require different amounts of sleep to feel good.
- _____ - There is no interest in developing drugs to reduce the amount of sleep we need.

What scientific research is mentioned in the article? What surprised you the most? What surprised you the least?

How much sleep does Neil Stanley think a person needs? Why?

What effects did the experimental drug mentioned in the article have in laboratory animals?

:harmon hall

TALISIS: