

A Complete these sentences with the words in the box.

adult awake inventor normal
average fall asleep let's say teenager

1. After the age of 50, people sleep a(n) _____ of 6.5 hours a night.
2. _____ you don't sleep one day. How would you feel the next day?
3. Some people cannot _____. They call this problem *insomnia*.
4. A(n) _____ needs an average of 7 to 8 hours of sleep every day.
5. Benjamin Franklin was a(n) _____.
6. A(n) _____ needs 9 to 10 hours of sleep every day.
7. When you don't sleep one night, it takes weeks for your body to go back to _____.
8. When you don't sleep for a few hours at night, you think you were _____ all night.

B Choose the correct answer. Then use the answer in a complete sentence.

2. Which of the following is a teenager?
a. a boy of 16 b. a girl of 11 c. a person of 21

3. Which of the following was an inventor?
a. Mahatma Gandhi b. Thomas Edison c. William Shakespeare

4. What is the average of 11, 16, and 18?
a. 16 b. 45 c. 15

5. At what age are you an adult?
a. 14 b. 21 c. 12

6. What is a normal time for an adult to go to bed?
a. seven o'clock at night b. two o'clock in the morning c. ten o'clock at night



VOCABULARY BUILDING

A Complete these sentences with the correct form of the new words in the box.

to snore = to make noise when you sleep
to dream = to see pictures in your sleep
to have a nightmare = to have a bad dream

1. Sometimes I _____ in color.
2. I usually wake up when I _____. I am so scared and my heart beats fast.
3. My brother says he can't sleep because I _____ when I sleep. I don't believe him.



LOOKING FOR DETAILS

Decide if the following statements are True (T) or False (F).

- ___ 1. Some people need only three hours of sleep a night.
- ___ 2. After age 50, the average sleep time is 6.5 hours a night.
- ___ 3. One in four Americans has a problem with sleep.
- ___ 4. We spend about a quarter of our lives in sleep.
- ___ 5. Benjamin Franklin had four beds.
- ___ 6. Mark Twain was a famous inventor.