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

LIVEWORKSHEETS

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.

LIVEWORKSHEETS