

## Reading

Choose the correct option :



Workbook 19

1. To read  
information  
in a  
diagram

1. Sleep is made up of number of disorders / cycles.
2. There are five stages / hours of sleep in total.
3. There are four stages of dream / non-REM sleep.
4. In stage 1, you enter a light / deep sleep.
5. In stage 3, you enter a long / deep sleep and its difficult to wake up.
6. The last stage of seep is light / REM sleep. This is when you dream.
7. Insomnia is a type of sleeping disorder / stage.