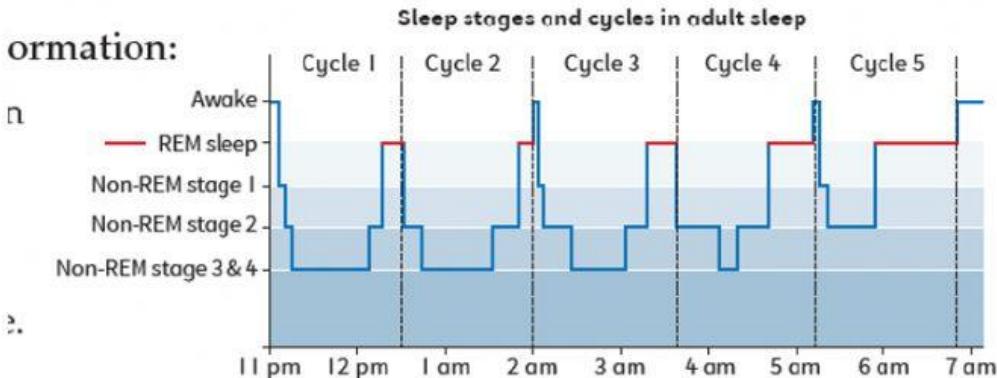


READING:**Task One**

Look at the graph and answer the questions. Choose the correct answer.

formation:
 1. 

1. How many sleep cycles are there?
 - a. two cycles
 - b. three cycles
 - c. four to five cycles
2. How long is each cycle?
 - a. one and one and a half hours
 - b. two hours
 - c. three hours

If you can't read the graph, use the text below to help you.

**Track 9**

Speaker: A night's sleep is made up of four or five short sleep cycles. Each sleep cycle lasts for between one and one and a half hours. Each sleep cycle is made up of five stages of sleep: Stages 1, 2, 3 and 4 are non-REM sleep and the final stage is REM sleep.