




	Word		Meaning
1	<p>Sleep cycle</p> 	a	<p>Stage or time of sleep when you can wake up easily.</p>
2	<p>Light sleep</p> 	b	<p>What happens to your body when you sleep.</p>
3	<p>Deep sleep</p>	c	<p>When you have a problem sleeping. E.g. Insomnia</p>
4	<p>Sleep disorder</p> 	d	<p>Stage or time of sleep when body repairs itself. Brain activity slows down and blood goes to muscles.</p>