

Vocabulary: Sleep

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