Sleep

Fill in the spaces with the correct words

Activity 2, pg. 24 WB
Complete the table with words from the box.



deep dreaming wake up repair light REM decrease muscles

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
4–5%. 1._____ sleep. Occasional muscle movement.	45–55%. Breathing and heart rate slows. 2._____ in body temperature.	4–6%. 3. _____ sleep begins. Brain begins to slow down.	12–15%. Very deep sleep. Blood flows to 4. _____ .Body begins to 5. _____ itself.	20–25%. 6. _____ sleep. Brain waves speed up and you start 7. _____. Muscles relax. Heart rate increases. Breathing is rapid.



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LIVEWORKSHEETS

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