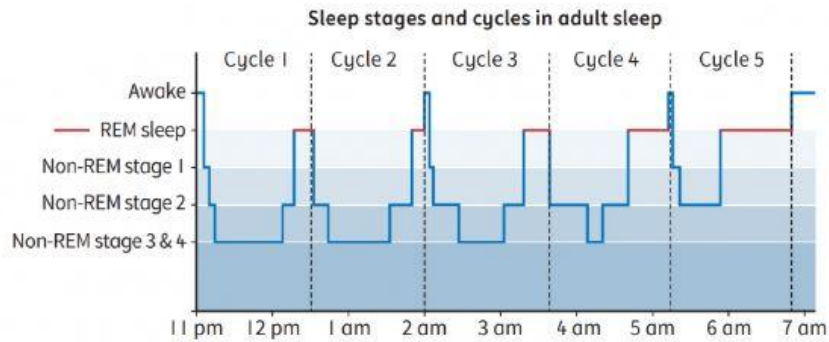


## Lessons 9–10 Sleep



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