

Lessons 9–10 **Sleep**

Listen and decide if the statements are true (T) or false (F)?

- 1 We spend more than half of our lives asleep.
- 2 There are different sleep stages in every sleep cycle.
- 3 Stage 2 is when we enter deep sleep.
- 4 Children have a lot of dreams because they have more imagination than adults.
- 5 Sleeping disorders prevent you from having enough REM sleep.
- 6 It's easier to wake up from a deep sleep than a light sleep.