

**Read the passage and find the following things:**

1. Two animals which might not really sleep: \_\_\_\_\_ and \_\_\_\_\_.
2. An animal which sleeps for 4 to 5 months every year: \_\_\_\_\_.
3. Three things which influence the amount of sleep a human being needs: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
4. The number of hours of sleep which people need:  
a. a preschool children \_\_\_\_\_. b. schoolchildren: \_\_\_\_\_ c. most adults: \_\_\_\_\_
5. three types of nightmares:  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

## Sleep

- 1 Sleep is something we generally associate with living creatures. Of course, it is true that a lot of animals sleep, but zoologists are not certain that primitive forms of animal life, like worms and snails, ever really sleep.
- On the other hand, animals such as bears sleep for 4 or 5 months every year.
- 5 The amount of sleep a human being needs depends on the age, the individual and possible race. For example, doctors think that pre-school children need between 10 to 12 hours a night, school children between 9 and 11 hours, and adults between 7 and 9 hours. There are exceptional cases of old people who only sleep between 2 and 3 hours a day and continue to be active and healthy.
- 10 They sleep requirements of different races also appear to be different. Japanese people, for example, sleep fewer hours than Europeans.
- 15 It is known or certain if mental activity (apart from dreaming) occurs when a person is asleep. However, it is certainly true that some people can wake up at a specific, pre-determined time. There are also stories about mathematicians who solve problems during the sleep, because their subconscious mind continues working on the problem.
- 20 Some types of unpleasant dreams (or nightmares) are quite common: the dreamer is taking a test but is not properly prepared; he is falling from a tree, or an animal or other things is chasing him. Some people say these two occur because man's ancestors lived in trees and were in constant danger from wild animals.