

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. _____.

	<h2>Sleep</h2>
1	<p>Sleep is something we generally associate with living creatures. Of course, it is true that a lot of animals sleep, but zoologist are not certain that primitive forms of animal like, like worms and snails, ever really sleep.</p> <p>On the other hand, animals such as bears sleep for 4 or 5 months every year.</p>
5	<p>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.</p>
10	<p>They sleep requirements of different races also appear to be different. Japanese people, for example, sleep fewer hours than Europeans.</p> <p>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 in the problem.</p>
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20	<p>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.</p>