A Bug's Sleep

Track 9

Every **mammal** needs sleep, as do birds and **reptiles**, such as snakes. But what about **insects**? Do they need sleep? Scientists have been trying to discover the truth about insect sleep **behavior** for years. Scientists first thought insects did not need sleep. According to them, the insect brain was not complex enough to need it. Scientists said that some kinds of brain activity, like dreaming, were sleep behaviors. Insects do not dream, so scientists said that they did not sleep. They believed that insects rested, instead.

However, new studies have shown that some insects may actually sleep. There are four types of behavior during sleep. First, sleeping people and animals don't move much. Also, they have a **position** for sleeping; for example, they lie down. Additionally, they don't wake up easily when hearing noises or seeing light. Lastly, they are able to come out of sleep quickly in response to some intense **stimulant**.



Scientists have now seen similar behaviors in **fruit flies**. For example, fruit flies become **still** every night for about seven hours. At these times, they sit in a different way, let their **antennae** drop, and do not respond to quiet noises. The flies do begin to move around when louder noises are made. Scientists think that some insects may have their own unique kind of sleep.

Reading Time _____ minutes _____ seconds 220 words

1 *mammal*: an animal that has live babies
1 *reptile*: an animal that is cold-blooded, like a lizard
2 *insect*: an animal like a beetle or fly
3 *behavior*: a way of acting
10 *position*: a way of holding or placing the body
13 *stimulant*: something that makes you feel more active and full of energy
15 *fruit fly*: a small fly that eats fruit
15 *still*: not moving
17 *antennae*: the two long, hair-like things on an insect's head, used for sensing

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Choose the best answer.

1. What is the main idea of this reading?

a. Fruit flies show sleep behavior.
b. Scientists were wrong.
c. Scientists have changed their view about insect sleep.
d. Animals die without sleep.

2. Which of the following animals do NOT sleep?

a. Black bears
b. Chickens
c. Rattlesnakes
d. All of these animals sleep

3. Why did scientists believe that insects did not need sleep?

a. Insects don't work hard.
b. Insects can't close their eyes.
c. Insects don't dream.
d. Insects don't live very long.

4. How did scientists learn that insects sleep?

a. They used brain scanning machines.
b. They put flies in dark rooms.
c. They watched insects.
d. They took the antennae off flies.

5. What do fruit flies do for seven hours each day?

a. Sleep
b. Eat
c. Make noise
d. Fly

Idiomatic Expressions

Find these idioms in the reading.

- **for example** [like; for instance; such as]
  Most insects, like ants for example, have six legs.

- **come out of** [to wake up from; to become alert]
  He came out of a deep sleep because of the loud noise.

- **move around** [to move; to have motion]
  I want to take your picture. Stop moving around.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. It takes some people a very long time to _____ sleep.

2. My sister _____ a lot when she sleeps.

3. Please wear something nice to the party. _____, a suit would be a good idea.

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Summary

Scan the passage and complete the chart with the correct information.

antennae	**loud**	**position**
respond to	**still**	**wake up**

Sleep Behaviors of Most Animals	Sleep Behaviors of Fruit Flies
• Don't move much	• Become 3 _____ for about seven hours
• Have a 1 _____ for sleeping	• Sit in a different way, let their 4 _____ drop
• Don't 2 _____ easily from noise or light	• Do not 5 _____ quiet noises
• Come out of sleep quickly when woken up	• Start to move around when 6 _____ noises are made



Listening

Facts About the Weta

Track 10 Listen to the dialog and complete each sentence.

1. An interesting thing about the New Zealand weta is that it _____ every night.
2. The man learned that the New Zealand weta is related to _____.
3. The man found out about the New Zealand weta in _____.

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Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Scientists want to _____ new things.
   a. believe b. come out of c. discover d. wake up

2. That is a _____ shirt. I have never seen anything like it.
   a. unique b. complex c. quiet d. loud

3. Most _____, like ants, are very strong for their size.
   a. mammals b. insects c. birds d. reptiles

4. When my dog shows good _____, I give him a snack.
   a. activity b. light c. taste d. behavior

5. I don't like snakes. In fact, I hate all _____.
   a. mammals b. insects c. reptiles d. frogs

6. The scientist _____ to use rabbits in her study.
   a. believed b. decided c. discovered d. detected

7. This problem is not simple. In fact, it is very _____.
   a. unique b. complex c. similar to d. destructive

B. Choose the correct form of the word to fill in the blank.

8. What _____ did he give?
   a. respond b. response c. responding

9. They are building a house nearby, so it is very _____.
   a. noisy b. noises c. noiseless

10. Many animals are _____ at night.
    a. activity b. active c. action

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