

The secrets of sleep

Why ¹ *do we sleep* (we / sleep)?

From birth, we ² (spend) a third of our lives asleep, but scientists still ³ (not / know) exactly why.

Why ⁴ (we / have) problems sleeping?

In modern society, many adults ⁵ (not / get) the seven or eight hours sleep they need every night. We ⁶ (work) long hours and we rarely ⁷ (go) to bed at sunset.

Why ⁸ (we / sleep) differently?

It ⁹ (depend) on the time of year and also our age. Teenagers usually ¹⁰ (need) more sleep than adults. Lots of elderly people ¹¹ (not / sleep) longer than four or five hours at night, but they often ¹² (take) naps during the day.