Sweet Dreams **Comprehension Questions**

1. What happens to our brains when we fall asleep?

2. What are the two main states of sleep called?

3. How much sleep do we need at different stages of our lives?

4. What is a clue that someone may be suffering from sleep apnoea?

5. What is the circadian clock?

6. Name three different sleep disorders.

7. How could you tell if someone was suffering from narcolepsy?

8. What are the benefits of getting a good night's sleep?

LIVEWORKSHEETS