

# Sweet Dreams Comprehension Questions

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

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

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

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

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5. What is the circadian clock?

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6. Name three different sleep disorders.

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

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

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