

## The secrets of sleep

Why do we sleep?

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

Why \_\_\_\_\_ problems sleeping?

In modern society, many people \_\_\_\_\_ (not/ get) the recommended seven or eight hours a night. We \_\_\_\_\_ (work) long hours and we rarely \_\_\_\_\_ (go) to bed at sunset.

Why \_\_\_\_\_ (we / sleep) differently?

It \_\_\_\_\_ (depend) on the time of the year and also our age. Teenagers always \_\_\_\_\_ (need) more sleep than adults. Lots of elderly people \_\_\_\_\_ (no/sleep) longer than four or five hours, but they often (take) naps during the day.

