

# Deep Sleep

Deep sleep is important for **1** . The actual **2** of sleep you need depends **3** your age. A young child **4** to sleep ten to twelve hours, and a teenager about nine hours.

Adults differ a lot in their sleeping **5** . For most of them, seven to eight hours a night is **6** , but some sleep longer, while others manage with only four hours.

For a good night, having a comfortable **7** to sleep is very important. Also, there should be **8** of fresh air in the room. A warm drink sometimes helps people to sleep, **9** it is not a good idea to drink coffee immediately before going to bed.

**10** you have to travel a very long distance, try to go to bed earlier than usual the day before the **11** . This will help you feel more rested when you arrive.

1.	BOTH	SOMEONE	EVERYONE	EACH
2.	SIZE	NUMBER	SUM	AMOUNT
3.	ON	IN	OF	TO
4.	MUST	COULD	SHOULD	OUGHT
5.	ACTION	HABITS	WAYS	MANNERS
6.	LESS	FEW	WELL	ENOUGH
7.	POSITION	PLACE	POINT	PART
8.	MANY	MUCH	ENOUGH	PLENTY
9.	BECAUSE	EVEN	ALTHOUGH	AS
10.	AFTER	SINCE	IF	UNTIL
11.	CALL	JOURNEY	VOYAGE	VISIT



# Computer games

There are 1 different kinds of computer game. Casual games are quick and easy to play. People can pick up and play the game 2 they have a spare minute or two. You can find 3 on your mobile phone, on your computer and even on your television. They include popular games 4 Solitaire and Tetris.

5 type of game is *serious* games. These games are designed to teach players something useful. One of the 6 running serious games is the Microsoft Flight Simulator. It was made in 1982, and since then, many 7 have used it to learn to fly planes. Other games teach police and fire fighters what do in a(n) 8 .

Language learning software does not typically fall into this 9 , however. These are educational games. In recent years, an 10 number of games have been created to improve the player's skills and knowledge. They help younger kids learn to count and spell, and teach older kids 11 mathematics and technology.

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|-----|-----------|--------------|------------|--------------|
| 1.  | LOTS      | MANY         | MUCH       | MOST         |
| 2.  | WHENEVER  | DURING       | WHILE      | SINCE        |
| 3.  | THEIR     | IT           | ITS        | THEM         |
| 4.  | EXAMPLE   | AS           | SUCH       | LIKE         |
| 5.  | ANOTHER   | OTHER        | DIFFERENT  | ONE          |
| 6.  | OLDEST    | POPULAR      | GREATER    | LONGEST      |
| 7.  | POETS     | STEWARDS     | PENSIONERS | PILOTS       |
| 8.  | EMERGENCY | SECURITY     | SAFETY     | DISADVANTAGE |
| 9.  | GAME      | GROUP        | SYSTEM     | WAY          |
| 10. | INCREASE  | INCREASINGLY | INCREASING | INCREASES    |
| 11. | TO        | WITH         | ABOUT      | FOR          |

