

**1. Знайдіть в тексті слова-синоніми та запишіть їх**

***Find in the text the words for:***

quickly — r...

find and answer a problem — s...

a very frightening dream — n...

take and let out air — b...

a period or a step in a process — s...

**2. Скажіть, правда чи неправда**

***Say if the following statements are true or false.***

1 We go through 4 stages of sleep.

T	F
T	F

2 We dream in the last stage.

T	F
T	F

3 We dream only once.

T	F
T	F

4 REM means “remember everything in the morning”.

T	F
T	F

5 Our body is more active in the REM stage.

T	F
T	F

6 Dreams are good for us.

T	F
T	F

7 Chocolate in the evening is a good idea.

T	F
T	F

8 Exercising before bedtime helps you fall asleep.

T	F
T	F