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
2 We dream in the last stage. T F
3 We dream only once. T F
4 REM means "remember everything in the morning". T F
5 Our body is more active in the REM stage. T F
6 Dreams are good for us. T F
7 Chocolate in the evening is a good idea. T F
8 Exercising before bedtime helps you fall asleep. T F