



Read the text below. For questions (1-7) choose the correct answer.

1. Why do we need sleep?

Sleep rests our bodies and our brains. Scientists are not exactly sure what the brain does (1)_____ we sleep, but some think that (2)_____ sorts through information, replaces chemicals and solves the problems (3)_____ day. Not getting enough sleep can make you tired, anxious and not able to think clearly. It can also affect (4)_____ immune system, which stops you getting ill.

2. How to get enough sleep?

Try to go to bed (5)_____ the same time every night. (6)_____ helps your body get into a routine. Also, try to go to bed feeling calm! Don't drink caffeine, do exercises or watch scary movies just before bedtime!

3. How much sleep do we need?

Generally, kids need 10 to 11 hours (7)_____ adults need from seven to eight hours of sleep each night. This means that we sleep for at least one third of our lives!

- | | | | | |
|----|------------|-----------|-----------|----------|
| 1. | 1. because | 2. during | 3. while | 4. from |
| 2. | 1. they | 2. it | 3. people | 4. men |
| 3. | 1. a | 2. the | 3. as | 4. any |
| 4. | 1. you | 2. your's | 3. yours | 4. your |
| 5. | 1. to | 2. in | 3. at | 4. with |
| 6. | 1. it | 2. this | 3. these | 4. those |
| 7. | 1 as. | 2. so | 3. but | 4. then |

