

SLEEP The Simplest Health Hack

Do you often feel sleepy in the afternoon? If you do, there's a good chance you're not getting enough sleep. Why does that matter? According to studies, sleep is one of the most important affecting our health.

Insufficient sleep has been found to have many health effects. It weakens our , leads to weight gain, our ability to new information, and affects our overall brain and health.

Most experts say that we need between seven and nine hours of sleep a night. But it's not just the of our sleep that matters. We need to minimize sleep , too, if we are to the negative effects of insufficient sleep.

Complete the text with the following words. Type in the correct conjugation of the verbs.

Numerous	Disruption
Eliminate	Immune system
Function	Absorb
Factor	Unwanted
Restrict	Duration

Match the words with their corresponding definitions

Word	Definition	Word	Definition
	The length of time that something lasts		Not desired
	To get rid of		Many
	To limit something or prevent it from getting too big		Something that affects an event, decision, or situation
	The natural purpose of something		To take something in
	Something that interferes with a process		The body's mechanism for dealing with disease and infection