

Read the text about sleep and do the activities below:-

Sleep is very important. Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat.

Let's say you go to sleep 12 hours later than you usually do. It will take your body about three weeks to return to normal. We spend about one-third ($\frac{1}{3}$) of our lives in sleep. That's about 121 days a year!

How much sleep do we need? We are all different. A baby needs 16 hours of sleep every day. Children 6 to 12 years old need an average of 10 to 12 hours of sleep. A teenager needs 9 to 10 hours of sleep. An adult needs an average of 7 to 8 hours a night. There are some people who need only 3 hours of sleep. Others need 10 hours of sleep. After the age of 50, the average sleep time goes down to 6.5 hours a night. We need less sleep as we get older. Most people have some nights when they cannot sleep. About one in three Americans has a problem with sleep. Many of these people cannot fall asleep or stay asleep. The name of this problem is insomnia. The word insomnia means "no sleep." Some people say, "I didn't sleep all night." They may sleep lightly and wake up several times. In the morning, they only remember the times they were awake, so they think they were awake all night. This is not a new problem. Many famous people in history had insomnia. Some of these people had special ideas to make them sleep. Benjamin Franklin, the famous statesman¹ and inventor, had four beds. He moved from one to the other to fall asleep. King Louis XIV of France had 413 beds and hoped to fall asleep in one of them. Mark Twain, the famous American writer, had a different way. He lay on his side across the end of the bed !

A) Complete these sentences with the words in the box.

adult awake inventor normal average fall asleep let's say teenager

1. After the age of 50, people sleep a(n) _____ of 6.5 hours a night.
2. _____ you don't sleep one day. How would you feel the next day?
3. Some people cannot _____. They call this problem insomnia.
4. A(n) _____ needs an average of 7 to 8 hours of sleep every day.
5. Benjamin Franklin was a(n) _____.
6. A(n) _____ needs 9 to 10 hours of sleep every day.
7. When you don't sleep one night, it takes weeks for your body to go back to _____.
8. When you don't sleep for a few hours at night, you think you were _____ all night.

B) Choose the correct answer.

1. Which of the following is a teenager?

- a. a boy of 16 b. a girl of 11 c. a person of 21

2. Which of the following was an inventor?

- a. Mahatma Gandhi b. Thomas Edison c. William Shakespeare

3. What is the average of 11, 16, and 18?

- a. 16 b. 45 c. 15

5. At what age are you an adult?

- a. 14 b. 21 c. 12

C) Complete these sentences with the correct form of the new words in the box.

to snore = to make noise when you sleep

to dream = to see pictures in your sleep

to have a nightmare = to have a bad dream

1. Sometimes I _____ in color.

2. I usually wake up when I _____. I am so scared and my heart beats fast.

3. My brother says he can't sleep because I _____ when I sleep. I don't believe him.

D) Decide if the following statements are True (T) or False (F).

1. Some people need only three hours of sleep a night.

2. After age 50, the average sleep time is 6.5 hours a night.

3. One in four Americans has a problem with sleep.

4. We spend about a quarter of our lives in sleep.

5. Benjamin Franklin had four beds.

6. Mark Twain was a famous inventor.