

1. What is the text mainly about ?

- A. It explains how humans grow up.
- B. It states how some plants can survive without water.
- C. It compares two different types of future technological devices.
- D. It gives information about the cycle stages that sleeping goes through.

2. What does the underlined word “consists of” in paragraph 1 mean?

- A. is played by
- B. is formed of
- C. is moved with
- D. is changed into

3. According to paragraph 1, how much time do the sleeping cycle five stages take to complete?

- A. 10 minutes to 20 minutes
- B. 30 minutes to 40 minutes
- C. 90 minutes to 110 minutes
- D. 50 minutes to 60 minutes

4. According to paragraph 2, **why** do we get the feeling of falling in the first stage of sleeping cycle?

- A. because our heads will contract.
- B. because our hands will contract.
- C. because our legs will contract.
- D. because our muscles will contract.