

## Are you getting enough sleep?

fur	nights	awake	blurry	hands	football player
bed	dangerous		purpose	releive	sleeplessness
understand	cells	high school			

Randy Gardner a 1. \_\_\_\_\_ student from the United States designed an experiment on the effects of 2. \_\_\_\_\_ for a school science Project, he stayed 3. \_\_\_\_\_ for 11 days and nights. After 24 hours without sleep Gardner started having trouble reading and watching TV, he saw words and pictures too 4. \_\_\_\_\_, had trouble in doing things with his 5. \_\_\_\_\_. He also hallucinated and imagined that he was a famous 6. \_\_\_\_\_. Over the next few days Gardner's speech became so slurred that people couldn't 7. \_\_\_\_\_ him. He had trouble remembering things and couldn't remember what he was doing.

When Gardner finally went to 8. \_\_\_\_\_, he slept for 14 hours and 45 minutes and after four 9. \_\_\_\_\_, he returned to his normal sleep schedule.

Scientists believe that going without sleep can be 10. \_\_\_\_\_. In a similar experiment with white rats, they started losing their 11. \_\_\_\_\_ and eventually died after a few weeks without sleep. Scientists aren't sure about the 12. \_\_\_\_\_ of sleep, some think that sleep replenishes brain 13. \_\_\_\_\_, while others think that sleep helps the body to grow and to 14. \_\_\_\_\_ stress.