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.

LIVEWORKSHEETS