

# THE NEED FOR SLEEP

Read the text and choose the correct word.

How much sleep (0)\_\_\_\_\_ we really need? This can vary quite a lot between individuals. However, it is widely believed that between 6-8 hours (1)\_\_\_\_\_ healthy. What is particularly important is that this sleep happens (2)\_\_\_\_\_ the right time: that it fits in with our body's natural rhythm. If you suffer from sleepiness or dysfunction during (3)\_\_\_\_\_ day then you are probably not getting enough sleep when you most need it. "Typical symptoms of a lack of sleep (4)\_\_\_\_\_ low concentration, poor memory and feeling irritable. Getting the right amount of sleep is not only important in terms of being able (5)\_\_\_\_\_ function properly on a day to day basis but it also (6)\_\_\_\_\_ an impact on your overall health. Research suggests that people (7)\_\_\_\_\_ sleep between 6 to 7 hours per night are likely to live longer (8)\_\_\_\_\_ those who sleep less than 6 or more than 8 hours per night. One reason (9)\_\_\_\_\_ this is because of the effect sleep has on our immune system.

There is a belief that old people need less sleep than other adults, however, this is not in fact true. The elderly need (10)\_\_\_\_\_ much sleep as when they were younger but changes to their body's rhythm and health problems might make it more difficult for (11)\_\_\_\_\_ to sleep through the night. As a result (12)\_\_\_\_\_ is common for old people to fall asleep during the day.

