INSOMNIA



Many people (1)_____ from insomnia. They may not be able to fall asleep. Others May wake up during the night and not (2)_____ back to sleep again; or they may wake up too early in the morning.

Is it a serious (3)_____?

No, not really, but if you suffer from a lack of sleep, it can make you feel tired, depressed and (4)_____. It can also make it hard to concentrate on work during the day.

How much sleep do I need?

Adults need 7 to 8 hours a night if you feel (5)_____ during the day you aren't getting enough sleep at night. However, sleep (6)_____ may chance with age. For example older people may sleep less at night but have a nap during the day.

What is a sleep (7)_____?

A sleep diary can have you understand your sleeping (8)_____. You have to keep a record of when you go to sleep and wake up, how often you have a (9)_____ night, etc. And if you sleep badly, you can write down whether you have things on your (10)_____, for example, family problems, or worries at work.

LIVEWORKSHEETS