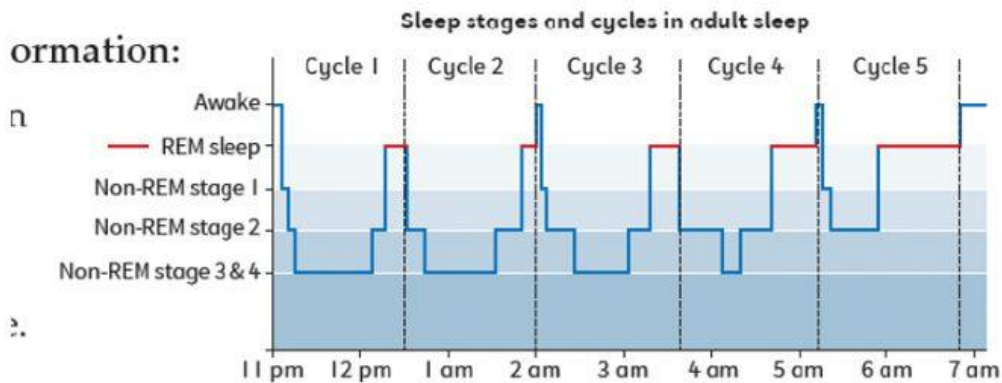


READING:**Task One**

Look at the graph and answer the questions. Choose the correct answer.



- How many sleep cycles are there?
 - two cycles
 - three cycles
 - four to five cycles
- How long is each cycle?
 - one and one and half hours
 - two hours
 - three hours

If you can't read the graph, use the text below to help you.

**Track 9**

Speaker: A night's sleep is made up of four or five short sleep cycles. Each sleep cycle lasts for between one and one and a half hours. Each sleep cycle is made up of five stages of sleep: Stages 1, 2, 3 and 4 are non-REM sleep and the final stage is REM sleep.