

Name _____ Date _____ List # ____ - ____

Test
3

Nonfiction

I. DIRECTIONS: Next to the number write the word that completes the sentence.

____ / 4 points

- _____ 1 When people don't sleep enough, they can feel ... soothing.
- _____ 2 Short periods of sleep are called ... cranky.
- _____ 3 Something that produces a feeling of comfort or relief is ... antibody.
- _____ 4 A substance produced by the body to fight disease is called an ... naps.

II. DIRECTIONS: Next to the number write the letter of the correct option.

____ / 6 points

- _____ 1 A member of a religious community of men is called ...
a a nobleman.
b a monk.
c an anthropologist.
- _____ 2 To bend or collapse from pressure or strain is to ...
a buckle.
b speculate.
c sleepwalk.
- _____ 3 Harm or damage to the body is called ...
a a mood.
b an injury.
c health.
- _____ 4 To distribute or provide medicine is to ...
a halt.
b mirror.
c dispense.
- _____ 5 A vehicle used to drive over the rough terrain of other planets or moons is ...
a an aircraft.
b a rover.
c an orbiter.
- _____ 6 A painted cloth that is hung at the back of the stage in theater is called ...
a a backdrop.
b a silhouette.
c a title card.

3 Read the text and answer the questions.

____ / 5 points

- Scientists have investigated how we sleep, and they have divided it into two categories: non-rapid eye movement (non-REM) sleep and rapid eye movement (REM) sleep. Non-REM sleep is split into four different stages: light sleep, true sleep, and two stages of deep sleep; and they are the first four stages of the sleep cycle. In these stages the breathing and heart rate slows down. This is when sleepwalking can happen, and if we wake up at this point, we feel disorientated. Then, the fifth stage of sleep is known as REM sleep. It is during this stage of sleep that our brains are active and dreaming occurs. It is also during this stage that our heart rate and breathing increases. So, once you are asleep, you go through five stages of sleep approximately every ninety minutes until you wake up in the morning!
- Most people experience problems sleeping from time to time, but longer-term sleep disorders can interfere with daily life. It is not normal to feel sleepy during the day, and if you have difficulty concentrating, react slowly, or have trouble controlling your emotions, you may be suffering from sleep deprivation.
- Taken from "The Science of Sleep"

1 What does REM mean?

2 What happens in the first four stages of the sleep cycle?

3 How many stages of sleep are there in one sleep cycle?

4 What happens during the fifth stage of sleep?

5 What are the effects of sleep deprivation?

4 Mark the sentences *T* (true) or *F* (false).

____ / 5 points

- 1 Scientists have divided sleep patterns into two categories. ____
- 2 There are five stages of REM sleep. ____
- 3 People dream during the fifth stage of the sleep cycle. ____
- 4 Our breathing slows down during REM sleep. ____
- 5 Sleeping disorders can affect your daily life. ____