The secrets of sleep

Why [1] *do we sleep* **(we / sleep)?**

From birth, we [2] _____ (spend) a third of our lives asleep, but scientists still [3] _____ (not / know) exactly why.

Why [4] _____ **(we / have) problems sleeping?**

In modern society, many adults [5] _____ (not / get) the seven or eight hours sleep they need every night. We [6] _____ (work) long hours and we rarely [7] _____ (go) to bed at sunset.

Why [8] _____ **(we / sleep) differently?**

It [9] _____ (depend) on the time of year and also our age. Teenagers usually [10] _____ (need) more sleep than adults. Lots of elderly people [11] _____ (not / sleep) longer than four or five hours at night, but they often [12] _____ (take) naps during the day.

LIVEWORKSHEETS