

Grade 10 General

Activity 4, pg.27 CB

Listen again. Are the statements true (T) or false (F)?

Click on the speaker to listen



1. We spend more than half of our lives asleep.
2. There are different sleep stages in every sleep cycle.
3. Stage 3 and 4 is when we enter deep sleep.
4. Children have a lot of dreams because they have more imagination than adults.
5. Sleeping disorders prevent you from having enough REM sleep.
6. It's easier to wake up from a deep sleep than a light sleep.