NAME:_____ DATE:_____

HOMEWORK

Unit 5. The Science of Sleep

Every night we fall asleep and then wake up the next morning. ①
The first part of the cycle is slow-wave sleep. ② It becomes difficult to wake up.
The second stage is REM (Rapid Eye Movement) sleep. ③ The brain becomes active and we experience dreaming. ④

[A-D] Complete the sentence. Then add the sentence to the right place.

A. In this stage, / and the heart rate / rises / body temperature / speeds up.

_____

B. the brain / unimportant information / gets rid of / In this stage,

_____

C. less to noises. / and the brain responds / Breathing / slows

_____

D. We / the sleep-wake / go through / cycle.

_____

LIVEWORKSHEETS