NAME:_____ DATE: _____

HOMEWORK

Fill in the blank with the correct answers (see student book for reference)

Every night we fall asleep and then wake up the next morning. We go through the sleep-wake (1) _____. We need to do this every night to stay (2) _____ and happy.

The first part of the cycle is slow-wave sleep. In this (3) _____, the body (4) _____. Breathing slows and the brain (5) _____ less to (6) _____. It becomes difficult to wake up.

The second stage is REM (Rapid Eye Movement) sleep. In this stage, body (7) _____ rises and the heart (8) _____ speeds up. The brain becomes (9) _____ and we (10) _____ dreaming. In this stage, the brain gets rid of unimportant information.

Important things happen while we sleep. The body and mind are reset and (11) _____. Our bodies grow (12) _____ and (13) _____ muscles. The (14) _____ system is also strengthened.

Without enough sleep, we can get sick and feel sad. It can also cause (15) _____ gain and other health problems. Thinking can become difficult. Try to sleep for eight hours every night.

LIVEWORKSHEETS

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