

EXTRA PRACTISE 1

Name: _____

1. COMPLETE THE TEXT

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 _____ (humans / have) problems sleeping?

In modern society, many people ⁵ _____ (not / get) the recommended seven or eight hours a 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 always

¹⁰ _____ (need) more sleep than adults.

Lots of elderly people ¹¹ _____ (not / sleep) longer than four or five hours, but they often ¹² _____ (take) naps during the day.