

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.