

1. Complete the table with the information from the text.

SLEEP HOURS	
AGES	SHOULD SLEEP
7 to 12 years old	a) hours.
12 to 18 years old	b) hours.

WATER	
AGES	SHOULD SLEEP
5 to 8 years old	c) glasses of water.
9 to 12 years old	d) glasses of water.
13 years old and adults	e) glasses of water.

2. Answer the questions.

a) What are activities to help us rest?

b) What are the best exercises?