

**1. Answer the questions below.**

a) What do people think about sleep?

.....

b) When does your body temperature lower during sleep?

.....

c) How do you build your muscles while you are sleeping?

.....

d) What should you do when you are sick?

.....

e) How much sleep should your parents get according to the text?

.....

f) What is the text's main idea?

.....

**2. Match the words in bold in the text to their synonyms.**

a) save

1- a very young child

b) mood

2- good

c) proper

3- how you feel at some time

d) toddler

4- to keep something to use in the future

