

1. Read the text above, and write T for true or F for false.

- a) Everyone needs eight hours of sleep a night.
- b) Newborn babies sleep 14 to 16 hours and then wake up.
- c) Teenagers need a lot of sleep.
- d) Teenagers and adults need the same amount of sleep.

2. Read again and answer the following.

- a) How much sleep do you get every night?

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- b) Do you get enough sleep? Why or why not.

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- c) What is an interesting fact about teenagers?

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