



### 1. Write true (T) or false (F).

- a) We spend half of our time sleeping. ....
- b) Sleep is important for your health. ....
- c) Sleep helps you to learn. ....
- d) Too much sleep makes you feel stressed. ....
- e) Teenagers don't need much sleep. ....

### 2. Answer the questions. Write short answers.

- a) When did scientists change their ideas about sleep? .....
- b) Why is sleep important for learning? .....
- c) What happens to people who don't sleep enough? .....
- d) Is it a good idea to sleep with your mobile phone beside you? .....
- e) How much sleep do teenagers need a night? .....
- f) Does sleep help your memory? .....