

A2 - Sleep

In a normal life a person sleeps for about twenty-five years. But why do we sleep? The simple answer is: we don't know. We need more sleep when we are young. A baby sleeps for about ten hours. A teenager sleeps for eight and a half hours and an adult for seven or eight hours. Old people need only five or six hours.

There are two kinds of sleep. When you go to sleep you go into deep sleep. Your temperature falls, your body relaxes and you breathe slowly. After about half an hour you go into active sleep. This is also called rapid eye movement sleep (or REM sleep), because your eyes move. You dream in both deep sleep and REM sleep, but in REM sleep you dream in pictures. If you wake up in REM sleep you can usually remember your dream.

Some people sleepwalk in deep sleep and sleepwalkers do amazing things. They open doors and windows, they ride **bicycles** and drive cars. They cook, they take a bath or a shower, they clean their teeth, and they get dressed.

Word count: 184

Source: *Hotline Elementary Book – OUP*

Additional Vocabulary (pour départager les ex-aequo éventuels):

British – motorway – mushroom –traffic -goodbye