

Bihar Board Class 8 English Book Solutions Chapter 2 Sleep

BSEB Bihar Board Class 8 English Book Solutions Chapter 2 Sleep

Bihar Board Class 8 English Sleep Text Book Questions and Answers

A. Warmer

Question 1.

Why do we sleep ? Do all persons sleep for the same amount of time ? Do you ever have dreams ? If yes, narrate the dreams which you like/dislike most. Why do you think we have dreams ?

Answer:

We sleep to freshen up our mind and body and to gain energy. No, all persons don't sleep for the same amount of time. Yes, I have seen dreams for many times. I like dream of good things. I dislike ghost dreams. I think that we have dreams because we think of them in day time, someday or the other. Our unfulfilled desires come in our mind as dreams.

B. Let's Comprehend

B. 1. Think and Tell

B. 1. 1. Answer the following questions orally

Question 1.

For how long does an average adult sleep ?

Answer:

Seven hours and twenty minutes.

Question 2.

What are the most common causes of sleep problems ?

Answer:

Worry and depression causes sleep problems.

Question 3.

Tell some of the factors which affect sleep. Also add some new things which are not mentioned in the passage.

Answer:

Noise light, heat, cold and fear or tension.

Question 4.

When do the bodily functions get slow ?

Answer:

In the middle of night.

B. 2. Think And Write

B. 2. 1. On the basis of reading the lesson, try to complete the data given

Question 1.

Five stages in one phases: sleep cycle and two alternating

Answer:

Stages I and 2 – Not in deep sleep. Stage 3 and 4 – Deep sleep.

Stage 5 – Your brain is active and you dream.

Phase 1 -Involves no dreaming, normally it occurs in the early part of the night.

Phase 2 – Involves dreaming; it occurs mostly in the later part of the night for varying periods of time. If we wake up during this phase, we will certainly remember our dreams.

Stage 3 and 4	Not in deep sleep
Phase 1	Your brain is active and
Phase 2	

B. 2. 2. Write the answers to the following questions in about 50 words

Question 1.

Do all adults require the same amount of sleep ? Find out how much sleep people of different age group require.

Answer:

An average adult sleeps for seven hours and twenty minutes. About 8% of adults sleep for 5 hours and some sleep less than that. 4% of the adults need 10 hours or more sleep. So, all adults do not require the same amount of sleep. Children of 5 to 12 years need 10 to 11 hours sleep each night. Babies need to sleep for 14 to 18 hours. Elderly people need less sleep than they were young. They often take a nap during the day time.

Question 2.

Why does the author not favor sleeping pills ? Pick out the line that shows that the author does not favor them.

Answer:

Sleeping pills make people addicted to them. It creates another problems than sleep. So, the author does not favor sleeping pills.

The line that shows that the author does not favor them, from the text is “It is better to avoid them if we can. It is much better to identify the problem and remove it.”

Question 3.

Have you ever felt sleep problems in your life ? Discuss in pairs and write down the possible causes of sleep problems.

Answer:

Rakes: Have you ever felt sleep problems in your life ?

Harish: Yes, once I was sick. I had severe headache. I could not sleep till mid night.

Manu: When I hear loud noise in my surroundings, I can not sleep.

Kanti: When it's too hot or too cold, I feel uneasy in sleeping. I get to be awake for late night.

Pallavi : When I go to some new place, I can't sleep for long in the new surrounding.

Question 4.

What are the consequences of regularly missing sleep for long periods of time ?

Answer:

The consequences or the results of 'regularly missing sleep for long periods of time are very bad. The affected person becomes abnormal.' He begins to behave strangely. His ability to concentrate on things or studies and his judgement 'ability gets impaired.

C. Word Study

C. 1. There are six words connected with sleep. Find them out from the grid. You may use the clues below.

1. happening by turns, first one and then the other (para 3)
2. old people (para 2)
3. state of being sad or gloomy (para 8)
4. weakened (para 7)
5. abnormal (para 7)
6. used to (para 5)

W	O	R	R	Y	E	E	F	C	D
O	M	N	I	Y	L	L	N	T	E
Q	N	A	A	D	D	I	C	T	R
A	P	C	C	D	E	M	A	W	A
I	M	P	A	I	R	E	D	O	N
X	Y	C	Y	C	L	E	F	G	G
C	D	P	O	C	Y	K	L	M	E
V	N	Q	T	S	P	L	K	O	D

Note: Pick out only those words that have been used in the text.

Answer:

1. Cycle
2. Elderly
3. Worry
4. Impaired
5. De-ranged
6. Addict.

W	O	R	R	Y	E	E	F	C	D
O	M	N	I	Y	L	L	N	T	E
Q	N	A	A	D	D	I	C	T	R
A	P	C	C	D	E	M	A	W	A
I	M	P	A	I	R	E	D	O	N
X	Y	C	Y	C	L	E	F	G	G
C	D	P	O	C	Y	K	L	M	E
V	N	Q	T	S	P	L	K	O	D

C. 2. Read the following sentences carefully.

- (a) The elderly need less sleep.
- (b) When we sleep, the bodily functions slow down.
- (c) You soon begin to-behave strangely.

In the above sentences words with '-ly' have different functions to perform. In sentence

(a) 'the elderly' means the elderly people and it functions as a noun. In sentence

(b) the word 'bodily' is describing the "functions" which is a noun. Therefore, bodily is an adjective and that's why in this case it comes before the noun. In sentence

(c) the word 'strangely' clearly qualifies the verb 'behave' and therefore it functions as an adverb. Notice that 'y' of 'body' is changed to 'i' in 'bodily'.

Question 1.

Now, try to find out what different functions the '-ly' words perform in the sentences given below:

1. The easterly winds bring rain.
2. He visit us rarely nowadays.
3. The lion was vastly amused.
4. This restaurant provides us homely meals.
5. His monthly'Salary is very high.
6. The student has solved this sum correctly.
7. The children danced happily.
8. He read the book thoroughly.

Answer:

1. In sentence (a) 'Easterly' qualifies the whole sen-tence. Which wind brings rain ? The answer is 'easterly'. So it functions as an adverb. So, 'easterly' is an adverb. .
2. In sentence (b) the word 'rarely' qualifies the verb vis-its' and therefore it functions as an adverb.
3. 'Vastly' qualifies the adjective word 'amused' so it is an adverb.
4. homely' is describing 'meals' which is a noun. There-fore, homely is an adjective.
5. 'monthly' describes the noun 'salary' so 'monthly' is an adjective.
6. 'correctly' qualifies the verb 'solved' so it is an adverb.
7. 'happily' qualifies the verb 'danced' so it is an adverb.
8. 'thoroughly' qualifies the verb 'read' so it is an adverb.

Question 2.

Pick out words from the text to which '-ly' can be added to form new words are

Answer:

The words from the text to which ‘-ly’v
Can be added to form new words are-

1. Sleep – sleeplessly.
2. Need – Needily.
3. Healthy – Healthily.
4. Attention – Attentively.
5. Necessary – Necessarily.
6. Disorder-Disorderly. ,
7. Average – Averagely.

D. Grammar

D. 1. Simple. Compound And Complex Sentences

Read the following sentences

- (a) A lot of people have serious sleep problems,
- (b) You lose the ability to concentrate and your judgement gets impaired.
- (c) When we sleep, the bodily functions slow down.

Here in sentence (a) there is only one subject (a lot of people) and a finite verb (have); therefore, it is a simple sentence. On the other hand, the sentence (b) and (c) have more than one subject and finite verb, so they are either compound or complex sentences. In sentence (b) we see that the two simple sentences

1. You lose the ability to concentrate and
2. your judgement gets impaired are linked with ‘and’ a co-ordinating conjunction. And hence it is a compound sentence. Other coordinating conjunctions are : but, or.

A compound sentence has two or more independent clauses that are generally linked with co-ordinating conjunction like ‘and’ ‘but’ ‘or’. The important thing to remember is that the two clauses that we join together should be either similar or contrasting.

Sentence (c) has one main clause ‘the bodily functions slow down’ and one subordinate clause ‘we sleep’. Therefore, it is a complex sentence, as both the clauses are joined with a subordinate conjunction ‘when’. Other subordinating conjunctions are :

(while, who, which, that, since, after, if, unless, however, as)

Read the text again and find one example of each type of sentence, in the compound and complex sentences, encircle the clauses and name them, e.g., independent clauses, subordinating clauses, co-ordinating clauses.

Answer:

(a) Simple sentence – Our brain needs sleep.

Subject – Our brain.

Finite verb – needs.

(b) Compound sentence-There are no rules about how much sleep is necessary but an average adult sleeps for seven hours and twenty minutes. Two simple sentences in this example are:

1. There are no rules about how much sleep is necessary,
2. An average adult sleeps for seven hours and twenty minutes,

Co-ordinating conjunction:- but.

(c) Complex Sentence – If you don't get enough sleep, you can forget what you learnt.

Main clause.- You can forget what you learnt, Subordinate clause – You don't get enough sleep. Subordinate – conjunction – If.

D. 1. 1. Read the following extract and identify the types of sentences simple, compound and complex.

The Rose Ringed Parakeet

One of the most beautiful birds is the rose-ringed parakeet. Parakeets are brilliant green. When perched on a tree they are hardly visible as their colour mingles with the green of the leaves.

The male bird has a rose-pink and black collar round his neck. Both the male and female birds have large brilliant red bills.

These birds eat fruit and grain, and they cause much destruction. A large part of the fruit goes waste as the birds leave it half eaten

The mother bird lays four to six almost white eggs usually between February and April. She places them in a hole in a tree or wall. Both parents look after eggs

Answer:

One of the most beautiful birds is the rose-ringed parakeet. (Simple sentence)

Parakeets are brilliant green. (Simple sentence)

When perched on a tree they are hardly visible as their colour mingles with the green of the leaves.

(Complex sentence) – These birds eat fruit and grain, and they cause much destruction,

(Compound sentence)

half-eaten. (Complex sentence)

The mother bird lays four to six almost white round eggs, usually between February and April. (Simple sentence) -Both parents look after the eggs. (Simple sentence)

E. Let's Talk

Work in groups of four and talk about your sleeping habits. You can ask the answer the following questions

1. How many hours of sleep do you take normally ?
2. Do you fall asleep as soon as you go to bed ?
3. Do you have any sort of sleep problems ? If yes, what are they ?
4. When do you find it difficult to sleep ?
5. What happens to you when you keep awake for a longer period of time ?
6.

Question 1.

Now one student from each group will share the views of the group with the rest of the class.

Answer:

Pranav : How many hours of sleep do you take normally ?

Ranjit: Normally, I take eight hours sleep.

Pintu: Do you fall asleep as soon as you go to bed ?

Mohit: No, it takes some time for me to fall asleep.

Raju: Do you have any sort of sleep problems ?

If yes, what are they ?

Ragini: I can't sleep when the light is on. And when it is too hot or too cold then also it takes time for me, to sleep.

Renu: When do you find it difficult to sleep

Kanti: When there is loud noise around me, I find it difficult to sleep.

Golu: What happens to you when you keep awake for a longer period of time ?

Karan ; Then, I feel disturbed for a long time in the following days. I become irritated.

Mini: And how do you feel having a sound sleep ?

Karan: Having sound sleep I feel fresh and happy for whole day.

F. Composition

Question 1.

Write a short paragraph in 100 words on "The Importance of Sound Sleep".

Before you get down to write your final paragraph you must jot down your points and organise your points in the correct sequence. Prepare a rough draft and check whether all the points that you had noted down have been included and are organised in their proper order. You must also, check the spellings of words, punctuation marks and capital letters.

Answer:

The Importance of Sound Sleep A sound mind rests in a sound body. And sound sleep gives

us both. The person who enjoys sound sleep is a happy person on the earth. It helps us to become fresh and energetic.. Having a sound sleep we can concentrate on our studies betterly. A large part of the fruit goes waste as the birds leave it ‘’Then, we can get good mood tod get along well with our friends and our family members. Sound sleep Is a boon for us. It-is necessary for all of us.