

2

SLEEP

A. WARMER

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?

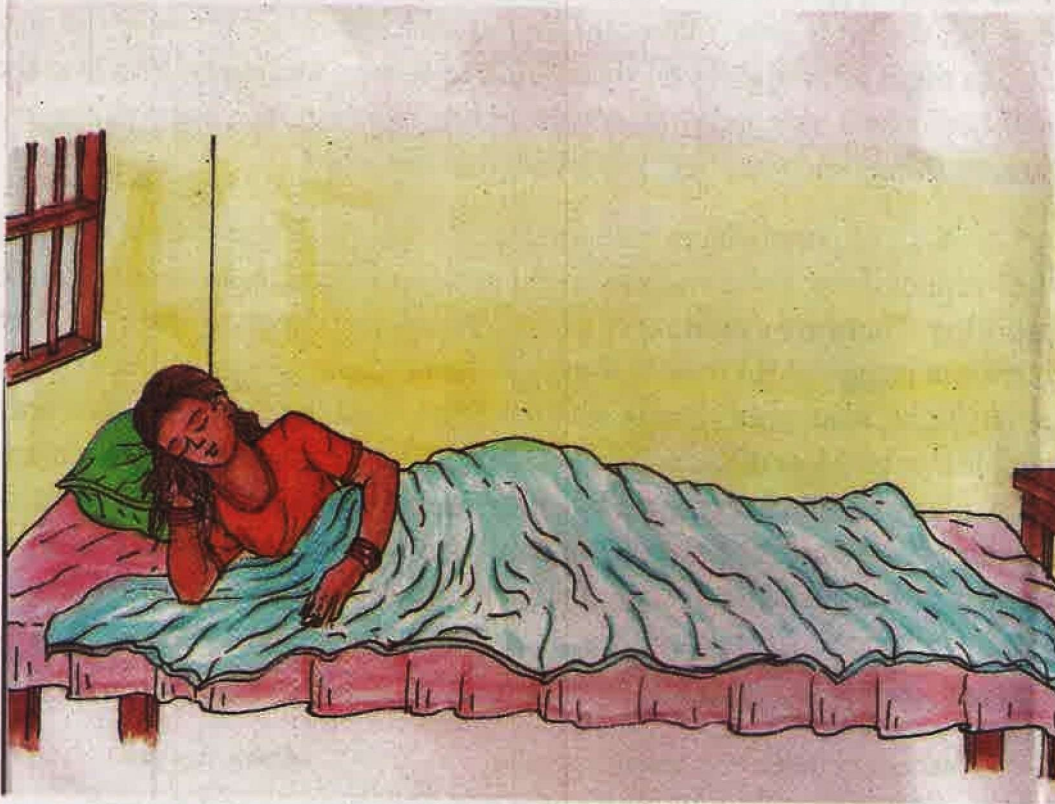
Nobody knows why we sleep, but we all need to. Sleep helps our body and brain develop and grow. Our body needs sleep to stay healthy and fight sickness. During sleep, our muscles, bones and skin can grow, and muscles, skin and other parts can fix injuries. Our brain needs sleep. Sleep helps our brain to remember what we learn. It also helps brain to pay attention and concentrate.

There are no rules about how much sleep is necessary, but an average adult sleeps for seven hours and twenty minutes. About 8% of adults are happy with five hours or less of sleep and 4% want ten hours or more. Children at the age of 5 to 12 years need 10 to 11 hours of sleep each night. Babies need between fourteen to eighteen hours, whereas the elderly need less than they did when young; they often take a nap during the day.

There are five stages in one sleep cycle. Each sleep cycle takes about 90 minutes. The sleep cycle is repeated 5 or 6 times during the night. During the stages 1 and 2, you first fall asleep, but are not yet in a deep sleep. During the stages 3 and 4, you are in a deep sleep. Your breathing and heart rate slow down, and your body is motionless. During the fifth stage, your brain is active and you dream. You dream during the stage of sleep called Rapid Eye Movement or REM. During the REM, your eyes move under your eyelids rapidly.

Normal sleep is made up of two alternating phases – phase one involves no dreaming; usually it occurs in the early part of the night.

Phase two involves dreaming; it occurs mostly in the later part of the night for varying periods of time. If you wake up during this phase, you will almost certainly remember your dreams.



When we sleep, the bodily functions slow down; body temperature falls. This is because our body keeps to a regular 24 hour cycle during which body temperature rises and falls at fixed times. Normally, body temperature is lowest in the middle of the night and the highest in the afternoon.

When you get enough sleep you can pay attention better in school, be creative and think of new ideas, fight sickness so you stay healthy, be in a good mood and get along well with friends and family. If you don't get enough sleep, you can forget what you learn, have trouble making decisions,

be in a bad mood, have trouble playing games, have trouble listening to parents and teachers, and be less patient with friends, brothers and sisters.

Sometimes everyone has difficulty in sleeping, but if you miss a couple of hours of sleep, no harm is done. You may feel tired and irritable the next day, but the body soon makes up for the loss. However, if you try to stay awake night after night, you soon begin to behave strangely. You lose the ability to concentrate and your judgement gets impaired. You begin to imagine strange things and your behaviour becomes deranged.

A lot of people have serious sleep problems. Some people find that they cannot sleep: some wake up in the middle of the night or too early in the morning. There are a number of causes. Worry and depression are the most common causes. All kinds of things in the environment can affect sleep - noise, light, heat, cold or new surroundings. Pain in illness can also keep people awake. Most of us can accept temporary sleeplessness without seeking help, many people become addicted to sleeping pills but sleeping pills do not cure the disorder of sleeplessness called insomnia. It is better to avoid them if we can. It is much better to identify the problem and remove it.

GLOSSARY AND NOTES

necessary (adj):	must, essential	अनिवार्य, आवश्यक
elderly (here noun):	old people	उम्रदराज, बुजुर्ग
nap (n):	short sleep during the day	झपकी
certainly (adv):	definitely/ without fail	निश्चित रूप से, अवश्य
bodily (adj):	of the body	शारीरिक
irritable (adj):	easily annoyed	चिड़चिड़ा, परेशान
deranged (adj):	abnormal	असामान्य
gets impaired (v):	gets weakened or damaged	कमजोर या असंगत हो जाता है।

addicted to (adj):	used to	लत लग जाना, आदी
insomnia (n):	sleeplessness	अनिद्रा की बीमारी

B. LET'S COMPREHEND

B.1. THINK AND TELL

1. Answer the following questions orally:

- For how long does an average adult sleep?
- What are the most common causes of sleep problems?
- Tell some of the factors which affect sleep. Also add some new things which are not mentioned in the passage.
- When do the bodily functions get slow?

B.2. THINK AND WRITE

B.2.1. On the basis of reading the lesson, try to complete the table by giving the five stages in one sleep cycle and two alternating phases:

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

B.2.2. Write the answers to each of the following questions in about 50 words:

1. Do all adults require the same amount of sleep? Find out how much sleep people of different age group require .
2. Why does the author not favour sleeping pills? Pick out the line that shows that the author does not favour them.
3. Have you ever felt sleep problems in your life? Discuss in pairs and write down the possible causes of sleep problems.
4. What are the consequences of regularly missing sleep for long periods of time?

C. WORD STUDY

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

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

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)

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

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 noun "functions". Therefore, 'bodily' is an adjective and it comes before the noun. In sentence (c), the word 'strangely' clearly qualifies the verb 'behave'. It functions as an adverb. Notice that 'y' of 'body' is changed to 'i' in 'bodily':

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

- (a) The easterly winds bring rain.
- (b) He visits us rarely nowadays.

- (c) The lion was vastly amused.
- (d) This restaurant provides us homely meals.
- (e) His monthly salary is very high.
- (f) The student has solved this sum correctly.
- (g) The children danced happily.
- (h) He read the book thoroughly.
- (ii) Pick out words from the text to which '-ly' can be added to form new words.

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 (i) You lose the ability to concentrate and (ii) 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.

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 round eggs, usually between February and April. She places them in hole in a tree or wall. Both parents look after the eggs.

E. LET'S TALK

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

- (a) How many hours of sleep do you take normally?
- (b) Do you fall asleep as soon as you go to bed?

- (c) Do you have any sort of sleep problems? If yes, what are they?
- (d) When do you find it difficult to sleep?
- (e) What happens to you when you keep awake for a longer period of time?
- (f)

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

F. COMPOSITION

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.

G. TRANSLATION

Translate the first two paragraphs into Hindi or your mother tongue.

H. ACTIVITY

Watch the sleeping habits of your family members. Fill in the grid given below the sleeping habits of your family members. Analyse the grid and see the relationship between the sleeping habits and health of the family members:

Name of family Members	Time to go to bed	Time to wake up	Hours of sleep	Condition of Health (healthy, ill, seriously ill, unhealthy)

