

importance of sleep

Sleep is an essential part of life. Although we think of sleep as a time when we rest completely, it's actually a very busy period for the brain. Scientists claim that sleep is the time when information is sorted and stored by the brain. Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

Scientists have already identified five sleep stages by studying brainwaves. Stage 1 is when we begin to fall asleep. The brain tells the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adult's sleeping time.

Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about 44% to 55% of a young adult's sleeping time.

Stages 3 and 4 are when we sleep most soundly. Now the brainwaves and heartbeat are at their slowest and our muscles become very relaxed. We might have some dreams in this stage, which makes up about 15% to 23% of a young adult's sleeping time.

Stage 5 is called the REM (Rapid Eye Movement) stage. Although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage. Our heartbeat and breathing become faster, and this is when dreams are most frequent. This stage makes up about 20% to 25% of a young adult's sleeping time.

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- 1) What happened to the brain during sleep?
- 2) The author of the article suggested that scientists have identified five sleep stages. How have they reached this conclusion?
- 3) What happens in stage 2?
- 4) Explain the REM? And when does it happen?
- 5) When does dream begin to appear?
- 6) What is the longest stage?
- 7) Find an adverb which means deeply and peacefully.
- 8) Find a noun which refers to a piece of flesh in the human body.
- 9) Find a word which means extremely important.

- 10) Find a verb which means to make something smaller.
- 11) Find a word which expresses the action of the heart as it pumps blood.
- 12) Find a noun that expresses the two pieces of skin that cover the eye.
- 13) Find a word which means an electrical force that is produced by the brain.
- 14) Quote the sentence which expresses the movement of our eyes.
- 15) Quote the phrase that show the contrast between resting and working during sleep.
- 16) What does the underlined word "**which**" refer to?
- 17) The text shows the importance of sleep. Write down two of the reasons why we should get good sleep.
- 18) It is known that the person who doesn't get enough sleep could cause him many problems. Would you state some of such problems.
- 19) It is said that "early to bed, early to rise, makes you healthy, wealthy and wise" Think of this statement and, in two sentences, write down your point of view.
- 20) In your opinion what are the advantages of waking up early?
- 21) In your opinion what are the disadvantages of oversleeping?
- 22) In your point of view, can you suggest some ideas to improve person's sleeping habits

How to relax?

- 1) You have an exam tomorrow and you feel stressed and worry. What can you do?

- 2) You have to make a difficult decision and you get upset about it. What can you do?

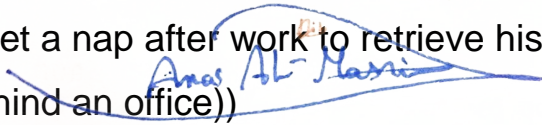
- 3) Your friend gets exhausted after work specially when he travelled to work and takes him about 3 hours. What do you advice him to make him forget all the stress of the day?

- 4) Sami spend a lot of time on his homework. his parents are worried because they think he is studying too hard and that he 's not getting enough sleep. The problem is that Sami finds it hard to relax.
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- 5) Duaa has two small children. They are usually awake at night, so she often feels tired. What would you suggest to help her situation?
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- 6) Gaith is old and lonely. His wife has recently become ill, he's very sad.
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Suggested Answers:

- 1) It is my will to study hard so I prepare a well-organised revision timetable with the help of my parents, and that makes me feel more confident. I also make sure that I get enough sleep, and go for a walk every afternoon, which helps me relax. ((student))
- 2) I think about all the positive things (ideas) ~~that have already happened to me,~~ and that makes the situation a lot better, be patient and study the issue, see all the options and the results, then make the best decision I can. ((doctor, politician, manger))
- 3) I advice him to go running after work, jogging is a great form of exercise or get a nap after work to retrieve his energy.
((Banker, behind an office))

- 4) Sami needs to stop work at 9 o'clock each evening and read in bed so that he can relax. (if Sami got enough sleep, he would be able to relax)
- 5) She needs to nap at the same time as her children, after lunch. This is how she can make her life much less tiring. (if she got a nap she would make her less tired)
- 6) He needs to talk to someone and share his feelings so that he becomes less stressed. (if he shared his feelings to somebody, he would become less stressful)

Editing:

Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have seven mistakes (two grammar mistakes, two punctuation mistakes, and three spelling mistake). find out these seven mistakes and correct them. Write the correct answers down in your ANSWER BOOKLET.

Salma is studying civil Engineering at University. She love the course and she've studied hard, but her final exams begin tomorrow, and she is nervous. When she revised for the exams. She work long hours in the evenings, but she thinks it would be better if she studied more in the morning rather than late at night. Staying awak at night makes her very tired. To give myself a break from studying, she goes for a run in the evenings. Doing sport makes her feel much better and less strecced.

Change with (how about, why don't we, what about, what shall, let's)

Complete each of the following items so that the new item has a similar meaning to the one before it, and write it down in your ANSWER BOOKLET.

1. What do we have to do this weekend?

2. Let's stay in and watch a film.

3. Let us go to the beach instead.

4. That is a great idea! Why don't we go!

Editing:

Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have seven mistakes (four grammar mistakes, six punctuation mistakes, three spelling mistake and one expression mistake: the linking word). Find out these fourteen mistakes and correct them. Write the correct answers down in your ANSWER BOOKLET.

I 'm write a quick email why my mum is having a nap at the moment .So I can use her laptop She must be a bit stressed because she always working under presure at work,

How are your parents. Your parents has already gone to germany, right?

How is scholl? My favourite subject at the moment is biology. We are learning about the heart and the immune system. Did you know that when you are resting your heart beat between 50 and 100 times a minute! However. When you are doing exercise your heart beat can go up to about 200.

Many people around the word suffers from insomnia. For many the problem is getting to sleep, others have no dificult falling a sleep. But they then wake up in the early hours and canot get back to sleep.

Doing exercrise and having milky drink before bed helps too.

Healthy adj	Health n صحة	Active	نشط	Brain	دماغ
Mind	عقل - يمانع	REM	حركة السريعة للعين	Rapid Eye Movement	حركة العين السريعة
Immune	مناعة	System	جهاز - نظام	Heartbeat	ضربات القلب
Eyelids	الجفون	Brainwave	موجات الدماغ	Soundly	بتناغم - بشكل سليم
Muscles	عضلات	Importance n	أهمية	Important adj	مهم
Sleep	ينام - النوم	Essential	ضروري	Part	جزء
Although	بالرغم من	Rest	يرتاح	Completely	كاملا
When	عندما	Actually	حقيقة	Busy	مشغول
Period	فترة - عهد	Scientist n	عالم	Science n	علم
Claim	يزعم - يدعي	Information	معلومات	Sorted adj	مرتبة
Stored adj	مخزنة	Reducing	تقليل	Stress	توتر
Keep	يحافظ بيقى	Heart	قلب	memory	ذاكرة
Already	سابقا	Identify	يعرف	Stage	مرحلة
By	بواسطة - من قبل - عن طريق - بحلول - بجانب	Study	يدرس	Begin	يبدأ
Fall	يسقط	Tell	يخبر	Relax	يسترخي
Make up	تؤلف - ماكياج	Young	شاب	Adult	بالغ

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Deep	عميق	Breath	يتنفس	Become	يصبح
Slow	بطيء	Might	قد	Body	جسم
Quick adj	سريع	Quickly adv	بسرعة	Beneath	تحت
Under	تحت	During	خلال	Fast	سريع
Dream	حلم - يحلم	Most	معظم - أكثر	Frequent	متكرر
Young	شاب	Article	مقالة صحفية	Essay	مقالة
Match	يوصل - مباراة	Events	أحداث	Happen	يحدث
Own	يملك - خاص	Item	مادة	Partner	شريك
Know	يعلم	Read	يقرأ	About	حول - عن
Show	يعرض - يظهر	Really	حقا	Experiment	تجربة
While	بينما	Continue	يستمر	Sure	متأكد
Group	مجموعة	Test	اختبار	Answer	يجيب
Immediately	بشكل مباشر	Both	كلا	After	بعد
Before	قبل	Short	قصير	Find	يجد
Who	الذي	Problems	مسائل - مشاكل	True	حقيقي
Idea	فكرة	Also	أيضا	Topic	موضوع
Lack	يفتقد	Snore	يغط في النوم	Insomnia	الأرق

Disorder	مرض	Monitor	يراقب	Apnea	انقطاع النفس
Patient	مريض - صبور	Loud	عالي	Level	مستوى
Lung	رئة	Affect	يؤثر	Enough	كاف
Tired	تعب	Involuntary <i>Anas AL-Masri</i>	غير ارادي	Advice	نصيحة
Give	يعطي	Spend	يقضي - يمضي - يصرف	Wake up	يستيقظ
Ill	مريض	Sick	مريض - معتل	Need	يحتاج
Get	يحصل	Help	يساعد	Communicate	يتواصل
Share	يشارك				

Celebration	احتفال	World	عالم	Word	كلمة
One-of-a-kind	مميزة – فريدة من نوعها	World-renowned	معروف عالميا	Host	المضيف
Honour	التكريم – الشرف	Troup	فئة عرض	Stroll	تجول
Floodlit	مضاء	Wares	سلع	Stage	مسرح – مرحلة
Dazzling	لامع – ساطع	Herald	رسول	Scorching	حارق
Embellished	مزخرف	Charm	سحر – جذب	Cherish	تعلق – يحفظ في الذهن
End	نهاية	International	عالمي	Festival	احتفال
Majestic	ملوكي	Stones	أحجار	Ancient	قديم
City	مدينة	Provide	يؤمن	Setting	التجهيزات
Performance	الأداء	Stars	النجوم	History	التاريخ
Huge	ضخم	Variety	تنوع	Entertainment	تسلية
Singers	المغنين	Orchestra	فرقة العزف	Theatre	مسرح
Plenty	الكثير	Attractions	مراكز الجذب	Especially	خصوصا
Plazas	ساحات	Architecture	فن العمارة	Enjoy	يستمتع
Quiet	اهدأ	Craftsmen	حرفيين	Meal	وجبة
Skilled	ماهر	Remarkable	جدير بالملاحظة	Forget	ينسى
Be into	يهتم – مهووس	Seasons	فصول	Arrival	وصول

	ب				
Surrounding	المحيط	Transform	يتحول	Sands	الرمل
Canopy	قبة	Flora	نبات	Migratory	هجرة
Extra	المزيد	Main	الرئيسي	Elaborate	فصل درس
Procession	موكب	Marching band	فرقة مسير	Floats	عربات المنصة
Enchant	يسحر	Costumes	أزياء	Crowd	حشد
Cheer	يشجع	Utmost	بكل معظم - قصارى	Enthusiasm	حماسة
Witness	شاهد	Delight	مفرح	Book	يحجز
Middle east	الشرق الأوسط	Consist of	يتألف من	Types	أنواع
Recommend	يوصي	Kind	لطيف - نوع	Author	المؤلف
Advertise	يعلن	Compare	يقارن	Imagine	يتخيل
Disappointed	مخيب للأمال	Decide	يقرر	Clouds	غيوم
Close	يغلق - قريب	Participant	مشارك	Bands	فرقة
Competition	مسابقة	Costumes	أزياء	Donation	التبرعات
Firework	ألعاب نارية	Floats	عربات المنصة	Ice sculptures	منحوتات جليد
Procession	موكب	Author	مؤلف	Take place	يحدث
Forecast	تنبؤ	Tour	جولة	So that	لكي

In order to	لكي	Choice	خيار	Commemorati on	إحياء ذكرى
Legend	أسطورة	Abundantly	بوفرة	Fair	وسط - عدل
Spectacle	مشهد	Festivities	مراسم الاحتفال	Imported	استورد
Magnificent	عظيم	Nature	طبيعة	hold	يقيم - يسيطر - يمسك
Represent	يمثل	Either	سواء	Whole	جميع
Particular	محدد	Wealth	ثروة	Nobility	نبالة - شهامة
Symbolize	يرمز	Attached	متعلق ب - متأثر ب	Empress	الامبراطورة
Banish	نفى	Abundant	وفير	Bloom	برعم - ريعان
Certainly	بالتأكيد	Iris	زنبق	Rare	مادر
Remarkable	ملاحظ بارز	Among	بين	Rocks	الصخور
Admire	يعجب يقدر	Unique	فريد	District	مقاطعة
Charities	احسان	Tulips	زهرة الخزامى	Exhibition	معارض
Underlined	تحتها خط	Refer to	تشير إلى	As well as	بالإضافة إلى
Show	يُظهر	Respect	الاحترام	Details	تفاصيل
Arrange	يرتب	Entertainme nt	تسلية	Explain	يوضح
Circumstanc es	ظروف	Cancel	يلغي	Settle down	يستقر

Mood	مزاج	Gates	بوابات	Craft stall	جولة للمنحوتات
Artifacts	مواد حرفية	Preparation	تحضيرات		

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