

Module 1

Lesson 1

Student's Book pages 6-7

A healthy and active brain

Before you begin



What can you see in the pictures?

A a man sleeping soundly

B brainwaves

The key words

The word / phrase	The meaning	The part of speech
brainwave	an electrical force that is produced by the brain and can be measured	Noun
immune system	the system by which your body protects itself against disease	Noun

eyelids	the two pieces of skin that cover your eye when it is closed	Noun
muscle	this helps you move parts of your body	Noun
REM	(rapid eye movement) a period during sleep when your eyes move quickly when you are dreaming	Noun
heartbeat	the action or sound of your heart as it pumps blood around your body	Noun
soundly	(of sleeping) deeply and peacefully	Adverb

While reading



The 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.

The text talks about:

- **The stages of sleep.**
- **The importance of sleep.**
- **What happens during sleep.**

After reading

What happens during sleep?

Scientists claim that sleep is the time when information is sorted and stored by the brain.

What is the importance of sleep?

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.

How many stages of sleep are there?

5 stages.

How have scientists identified five sleep stages?

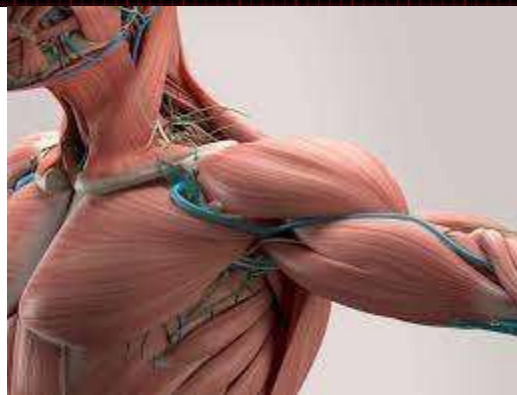
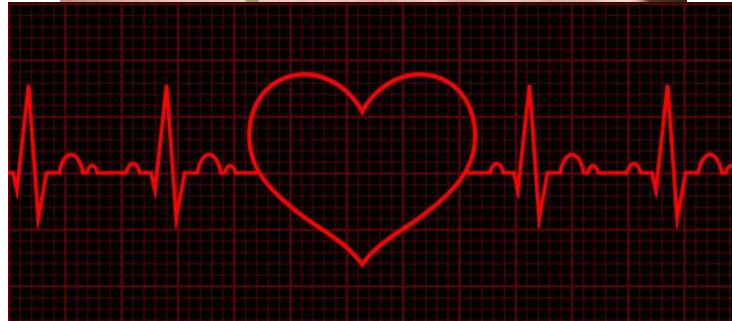
Scientists have already identified five sleep stages by studying brainwaves.

Fill in table

percentage	What happens	
5%	The brain tells the muscles to relax and the heart to beat slowly	
44%-55%	The heartbeat and breathing become slower	
15%-23%	We might have some dreams in this stage,	
20%-25%	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	the REM

Write the name of the picture

المعلم الإلكتروني الشامل



eyelids

heartbeat
muscle

Write the references of:

-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.

WHICH refers to this stage.

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.

IT refers to 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.

WHEN refers to the time of sleep.

