

The Sleep Revolution Answers

I)

a) T

b) F

c) T

d) T

e) F

II)

She collapsed onto her desk and broke her cheekbone. It happened because she didn't get enough sleep.

III)

SS answers

IV)

Arianna says that if you can't get a good night sleep, you should try to have a 20 minute nap as soon as you can the next day.

Gary says that this advice wouldn't work for him. He hardly ever takes naps. Sometimes he even has problems with eating during a day. Breaks distract him and they don't make him more effective.

V)

Give a bath;

Put it in pyjamas;

Sing a lullaby;

VI)

1) A,C

2) A, B, C

VII) 6-7 hours on weekdays and up to 11 hours at weekends.

DISCUSSION: SS Answers