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建议阅读原文

https://www.100test.com/kao_ti2020/114/2021_2022__E9_98_85_E8_AF_BB_E7_90_86_E8_c77_114166.htm After a busy day of work and play, the body needs to rest. Sleep is necessary for good health. During this time, the body recovers from the activities of the previous day. The rest that you get while sleeping enables your body to prepare itself for the next day. There are four levels of sleep, each being a little deeper than the one before. As you sleep, your muscles relax little by little. Your heart beats more slowly, and your brain slows down. After you reach the fourth level, your body shifts back and forth from one level of sleep to the other.来源

: www.examda.com Although your mind slows down, from time to time you will dream. Scientists who study sleep state that when dreaming occurs, your eyeballs begin to move more quickly (although your eyelids are closed). This stage of sleep is called REM, which stands for rapid eye movement. If you have trouble falling asleep, some people recommend breathing very slowly and very deeply. Other people believe that drinking warm milk will help make you drowsy. There is also an old suggestion that counting sheep will put you to sleep!

1. A good title for this passage is _____. A. Sleep C. Dreams B. Good Health D. Work and Rest

2. The word drowsy in the last paragraph means _____. A. sick C. asleep B. stand up D. a little sleepy

3. This passage suggests that not getting enough sleep might make you _____. A. dream more often C. nervous B. have poor health D. breathe quickly

4. During REM, _____. A. your eyes move quickly

C. you are restless B. you dream D. both A and B

5. The average number of hours of sleep that an adult needs is ____.

A. approximately six hours C. about eight hours B. around ten hours D. not stated here

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