

## The Wonder Called Sleep

### Exercise Questions (Page 27)

**Question 1:**

What is the most obvious advantage of sleep?

**Answer:**

The most obvious advantage of sleep is that it helps our body recover from fatigue mainly caused by the day's activities. It helps us in relaxing our mind and gives rest to our exhausted body. We tend to become alert and active after taking a nap and it prepares us to take on the normal activities of the day.

**Question 2:**

What happens to our body when we sleep?

**Answer:**

During sleep, the muscles of our body become relaxed, our heartbeat becomes slower and our temperature and blood pressure also goes down.

**Question 3:**

Define a dream in your own words.

**Answer:**

Dream is an involuntary activity of the mind in which we see a succession of pictures, sensations and emotions that usually occur during different phases of sleep.

**Question 4:**

Why are dreams important? Mention two reasons.

**Answer:**

Dreams are important mainly for two reasons. These include:

- i) They help us to sleep through noise and other distractions.
- ii) Sometimes they provide us solution to our certain mental problems.

**Question 5:**

Why has sleep been called a wonder?

**Answer:**

Sleep has been regarded as a wonder because nobody has been able to justify or explain what exactly causes it. It is a state of unconscious rest that transports us to a world of dreams and helps us to escape from the real world. Good sleep is often considered necessary for the optimal growth of physical, mental and emotional development of a person.

**Question 6:**

Describe briefly to the class an improbable dream you have ever had.

**Answer:**

One night I dreamt that I had won a Jackpot of 10 million rupees in a lottery. I bought a luxurious car, house and beautiful presents for my family members with the prize money. We went for a vacation to Ladakh in our car. I was driving the car and suddenly I applied the brakes and we stopped with a jerk. I was stunned and suddenly I found myself lying on my bed and realised that it was a dream.

(**Note:** Students can write this answer as per their personal experience).

