

A2.1 Unit 8

1. Put the sentences into simple past.

1. We move to a new house.
2. They bring a sandwich.
3. He doesn't do the homework.
4. They sell cars.
5. Does he visit his friends?

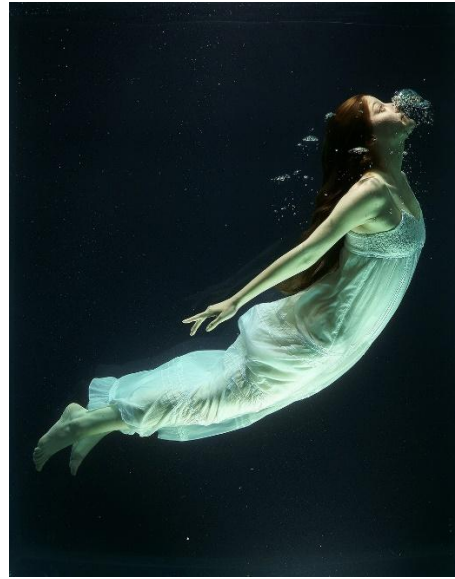
2. Write sentences in simple past using these prompts.

1. Jane/ miss/ the bus
2. She/ tidy/ her room
3. Nancy/ watch /not/ television
4. Tim/ read/ a book
5. My dog/ sleep/ on my bed/ last night

3. Describe the following photographs about dreams and then make up a story. Use the following vocabulary from Unit 8; *wake up, to be wide awake, a light sleeper, sleepwalk, sleep in, to hit the sack*

You can refer to a good dream or a maybe a bad one (a nightmare) the people in the photos had. You can also include some 'exciting' experience you have had while sleeping.





Example: I'm usually a light sleeper
but that night I slept all night. I
dreamt about (...) I was having such a
fantastic dream (...) when I realized I
had slept in and I was late to work...

4. Read the text and answer the following questions.

Everyone dreams every night -- even if we don't remember our dreams.

Dr. Tom Scammell, professor of neurology at Harvard Medical School, says no one knows why we dream. "There is a strong movement to research how sleep improves memory and learning," Scammell says. "One speculative possibility is that dreaming allows you the opportunity to practice things you may or may not ever have to do, like running away or repelling a predator."

Three or four times a night, you have a period of sleep that lasts approximately 90 minutes called REM -- rapid eye movement -- sleep. It is during REM sleep that your brain is more active. And according to Dr. Scammell, it's then that conditions are right for dreams that are rich in action, complexity, and emotion.

"You are more likely to recall dreams if you wake at the end of a REM episode," says Dr. Scammell. He points out that many people are chronically sleep deprived. "This creates pressure for REM sleep. So when you're catching up on your sleep, you may have more REM sleep with more intense dreams," he says.

1. What is one of the positive effects sleep has in the brain?
2. What does dreaming permit you to?
3. What does REM mean?
4. What does REM consist of and how long does it last?
5. What may happen to people who don't sleep well chronically?