

Reading Plus

Lesson 8

Exercise 16

A. Scanning:

1. What is the first word of the second sentence of the first paragraph?
2. How many capital letters are there in the second paragraph?
3. On which line does the clause “your eyeballs begin to move” appear?
4. How many times does the acronym “REM” appear in the third paragraph?
5. How many commas are there in the fourth paragraph?

B. Locating Information:

1. Which paragraph of this reading passage discusses why someone needs sleep?
2. According to this reading passage, how many levels of sleep are there?
3. According to this reading passage, how does dreaming affect one’s eyeballs?
4. Which mammal does not experience the REM sleep stage?
5. How many suggestions are offered in the final paragraph of this reading passage for a person who is having trouble falling asleep?

C. Grammar:

1. All of the verbs in the second paragraph are of which tense?
2. Underline the one example of the present perfect tense in the third paragraph?
3. What part of speech is the word “Dreaming” (line 16)?
4. How many times does the future tense appear in the fourth paragraph?
5. If you were to insert the word “to” between the words “help” and “make” (line 20), would this sentence still be grammatically correct? Would the meaning of the sentence change?

D. Vocabulary:

1. Which word in the first paragraph of this reading passage is a synonym of “crazy” or “chaotic”?
2. Find a word in the first paragraph that is a synonym of the word “sleep.”
3. Find a word in the first paragraph that means “to restore one’s health” or “to get better.”
4. Find a word in the first paragraph that means “prior” or “the one before.”
5. Which verb in the first paragraph means “to help”?
6. Which word in the second paragraph has a similar meaning to “steps” or “stages”?
7. Find a phrase in the second paragraph that means “alternate” or “from one to another.”
8. Find a verb in the third paragraph that means “say” or “claim.”
9. Which word in the fourth paragraph means “finding a solution”?
10. Find a synonym of “tired” or “sleepy” in the fourth paragraph.

