

Lesson 156

Why do humans need sleep?





Warm-up



Look at questions and give your answers.

When do you sleep every day?

How long do you sleep every day?

01

Knowledge Learning



Do you know?

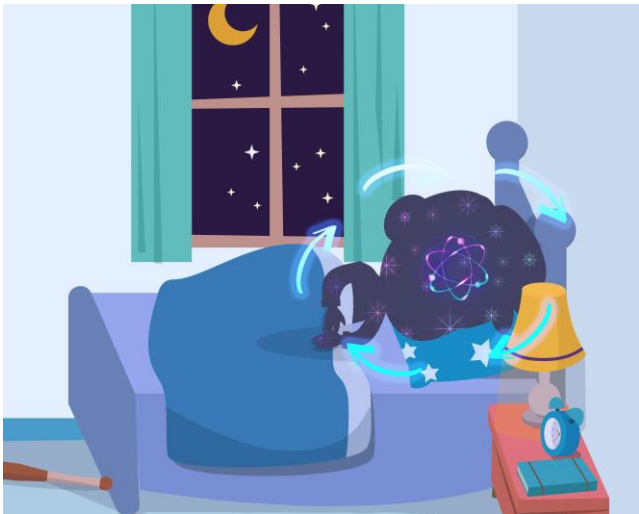


Let's learn different reasons why people sleep.

1

Why do humans need sleep?

(1) Sleep helps you store energy(能量).



Sleep gives your body a chance to store energy which you can use for next day's activities.



Do you know?



(2) Good sleep can help humans keep healthy.



People who sleep less than 7 hours a night are more likely to catch a cold than those who sleep over 8 hours.



Do you know?

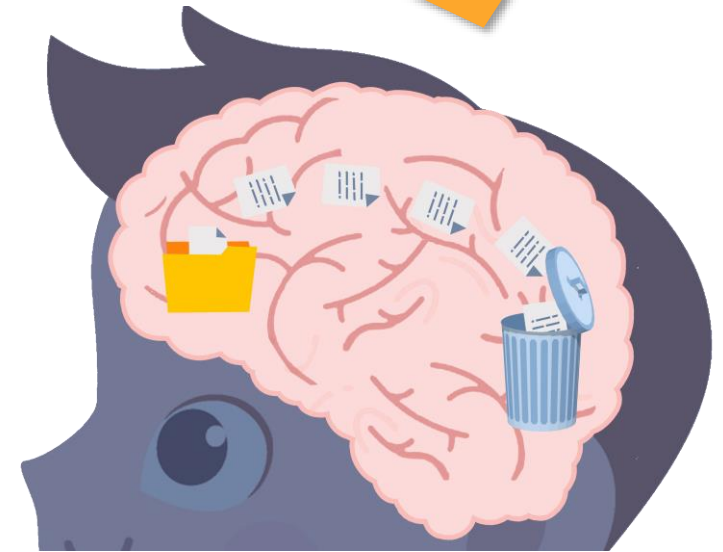


(3) Sleep plays an important role in your memory works.

Your brain stores the information that it picked up during the day when you sleep.



Sleep also helps you clear out unwanted memories.





Do you know?



2

How to get a better sleep?

(1) Have a sleep routine: You should try to do the same things every night before you go to bed.



20:00



20:30



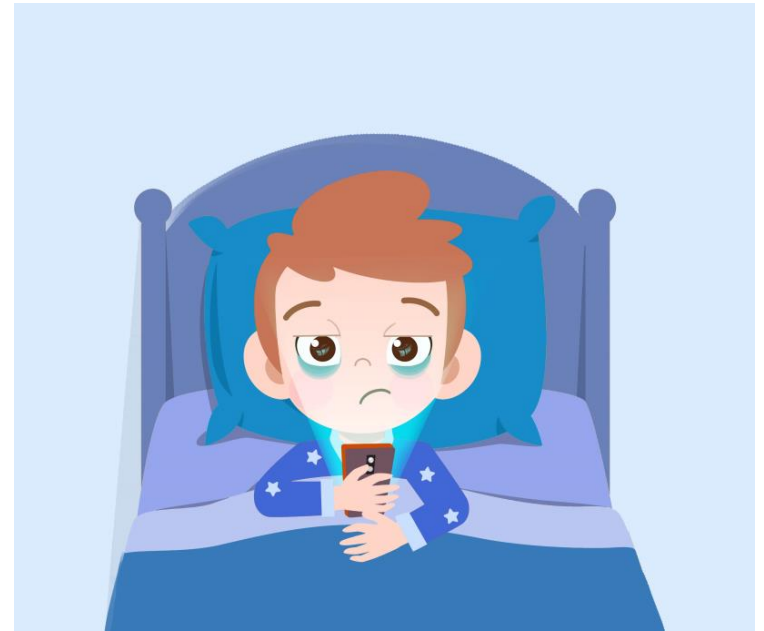
21:00



Do you know?



(2) Don't watch TV or use a tablet(平板电脑) or phone before going to bed.



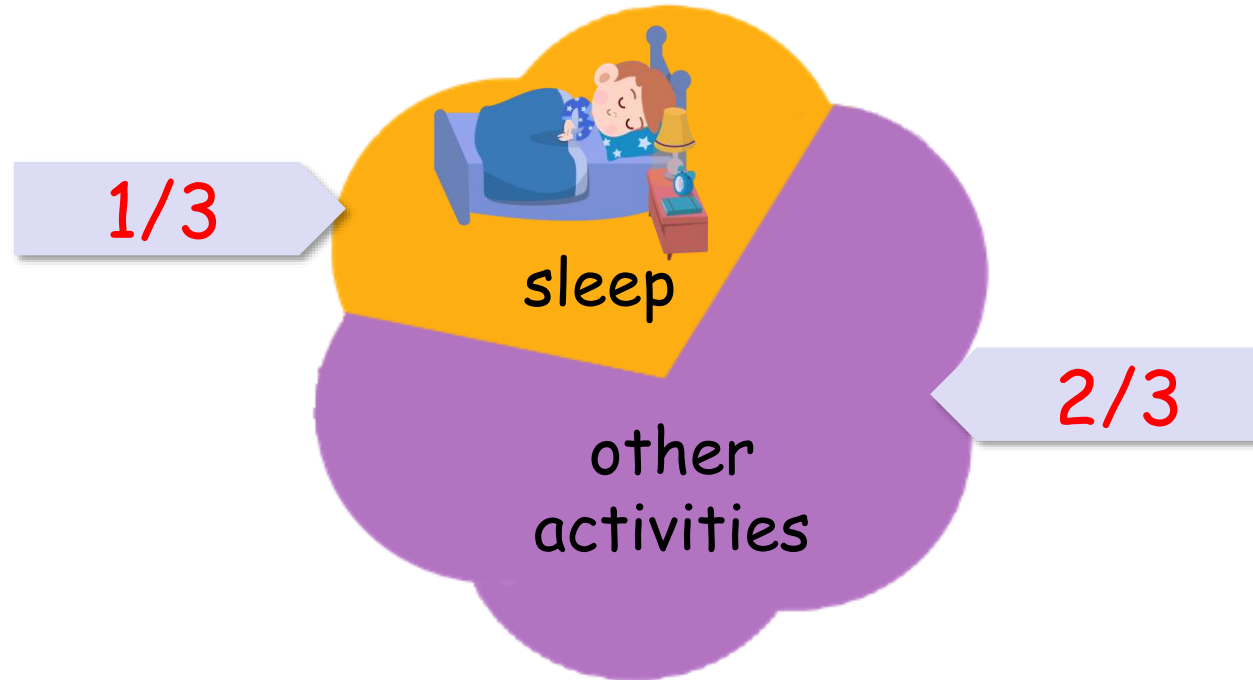


Do you know?



3

Different hours of sleep



(1) If the average hours of sleep is eight hours, humans sleep for **one third** of their life.



Do you know?



(2) A giraffe only needs
1.9 hours of sleep a day.



(3) A bat needs 19.9
hours of sleep a day.

02

Practice

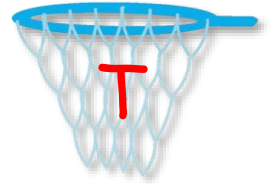


Let's choose



Read the sentence, then choose "T" for correct sentences and wrong sentences in the net of "F".

- 1 Sleep helps your body store energy for the next day.
- 2 Sleep is not good for health.
- 3 A sleep routine can help you get a better sleep.
- 4 Watching TV is good for your sleep.
- 5 A bat just only sleeps 1.9 hours a day.





Let's circle



Look at the questions, and circle the correct pictures.

1 Which of the following boy has a good sleep routine?





Let's circle



2

Which of the following animal sleeps longer a day?

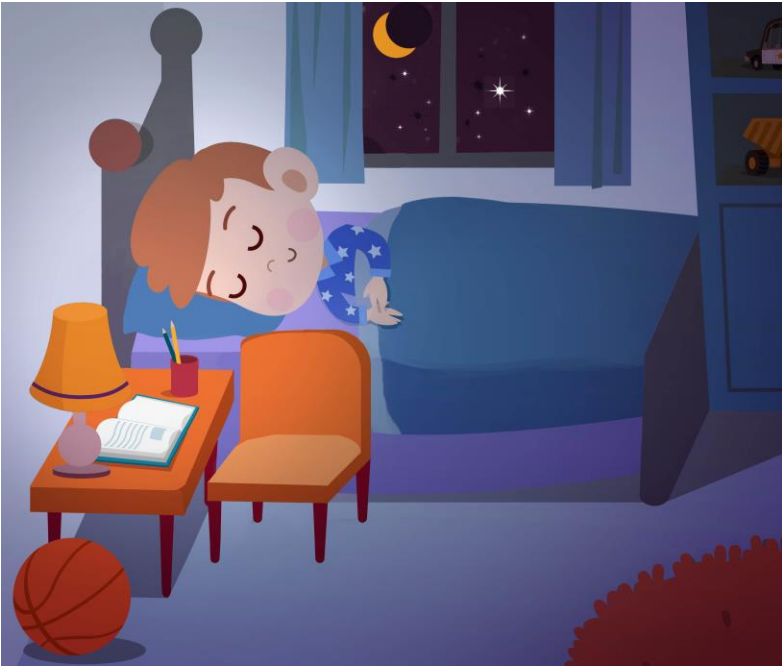




Let's circle



3 Which of the following activity helps humans store energy?



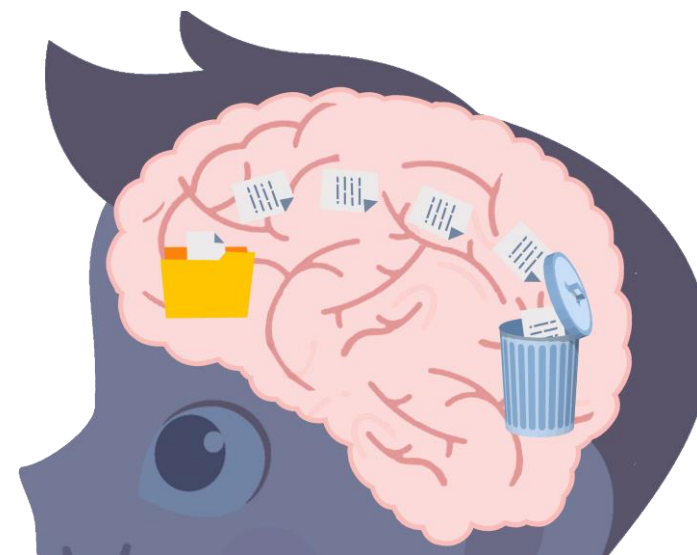


Let's circle



4

What does your brain do when you sleep?





Free talk



Close your eyes and listen to the song *Twinkle, twinkle, little star*. Then talk about your sleep routine with the teacher.



What do you do before you go to bed?

Do you take a nap(小睡一下) during the day?



03

Conclusion



Conclusion



In this lesson, you've learnt



Words

energy, catch a cold, tablet, unwanted



Sentences

Good sleep can help humans keep healthy.
What do you do before you go to bed?