



1. What is the most obvious advantage of sleep?

Ans: The most obvious advantage of sleep is that it gives rest to our tired body. After a good sleep we become alert and active again for the day's work.

2. What happens to our body when we sleep?

Ans: When we sleep, our body gets much needed rest. Our muscles relax. Our heartbeat slows down. Our blood pressure also falls.

3. Define a dream in your own words.

Ans: A dream is an activity of the mind that takes place when we are asleep.

4. Why are dreams important? Mention two reasons.

Ans: Dreams are important for two reasons:

- (i) They help us sleep in spite of noise and other disturbances.
- (ii) Some dreams provide a solution to certain problems.

5. Why has sleep been called a wonder?

Ans: Sleep has been called a wonder because nobody knows for certain what brings about sleep. Secondly, it transports us to a strange land. It is the sweetest thing in the world. It is a sort of escape from reality.

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

Ans: I had a very funny, and uncommon dream last night. I saw two bulls locking their horns in the street. They fought fiercely. The people kept at a safe distance. One of the bulls fell to the ground. The other began to goad him with its horns. I kept a watch on their activities for a while. When I noticed the fallen animal in serious trouble, I intervened. I fired the air gun. It raised a thundering sound. Then I shouted to the bull to stop fighting. It left its victim and walked away.

I. SHORT ANSWER TYPE QUESTIONS

1. How does the author define 'sleep'?

Ans: Sleep is a state of rest.

2. Why is it necessary to enjoy sound sleep?

Ans: Sleep gives rest to our tired body. After a good sleep we feel fresh, alert and active.

3. What happens when we are asleep?

Ans: We start dreaming. Our muscles relax. Our body temperature falls. Our heartbeat becomes slower. The ever-active brain also slows down.

4. What is a dream?

Ans: Dream is an activity of the mind that takes place only when we are asleep.

5. Are all our dreams probable or improbable?

Ans: Some dreams are probable. It means that many of the things that happen in dreams could happen when we are awake. But other dreams are improbable.

6. What is one thing that dreams can never tell?

Ans: Dreams can never tell the future.

7. What have certain doctors found about dreams?

Ans: Certain doctors think that our dreams can provide a key to the solution of problems.

II. LONG ANSWER TYPE QUESTIONS

1. Why does the author call sleep a wonder?

Ans: Sleep is a good tonic. The body and brain recover from weariness after a good sleep. Sleep is a state of rest. When we wake up, we feel fresh, become alert and ready for the normal activities of the day. During sleep, our muscles relax and the heart beat becomes slower. Sleep is the most common experience. But very few people know how wonderful it is.

2. What is the significance of dream?

Ans: What is a dream? We have strange, funny and even frightening dreams as we sink into sleep. The brain can't think or act consciously when we fell asleep. Some dreams are believable, and could happen when we are awake. But tnost of them are absurd. Dreams are important because they help us to sleep through noise even. Some doctors say that one's dreams can suggest solutions to one's problem or tell the future. But this is not wholly true.

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