



A WONDER CALLED SLEEP

SLEEP

Sleep is a state of unconscious rest. When we are asleep our body recovers from tiredness caused by our routine activities. It is obvious that a good sleep provides complete rest to our mind and body.

It is impossible for us to remember exactly what happened when we were asleep. Hardly we remember a dream. When we are asleep, so many things happen to our body. They are as follows.

- I) our muscles get relaxed.
- II) our heart beat becomes slower.
- III) our temperature and blood pressure fall down.
- IV) the activities of the brain slow down.



DREAM

- Dream is an activity of the mind that takes place when we are asleep.

Dreams are important for the following reasons.

I) it helps us to sleep through noise or other disturbances.

II) it reveals much about one's problems.

III) it provides solutions to those problems.

We should remember one thing. Dreams can never tell the future.



TITLE

- Though sleep is the most common experience, it has wonderful powers. They are as follows:

I) it transports us to a new world.

II) it helps us to forget our worries and sorrows.

III) Hence it is apt to call the sleep as “wonder”.





NEW WORDS

- **Fatigue - tiredness**
 - **Unconscious - unaware**
 - **sink - to go down**
 - **Consciously - in a state of awareness**
 - **Reveal - to make something known to somebody**
 - **Probable - likely to happen**
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