

*Questions***Question 1:**

What is the most obvious advantage of sleep?

**Solution 1:**

The most obvious advantage of sleep is that it gives rest to our tired body and relax our mind. After a good sleep we become more energetic and more active again for the work.

**Question 2:**

What happens to our body when we sleep?

**Solution 2:**

When we sleep, muscles of our body get relaxed. Our heartbeat slows down and our blood pressure also falls.

**Question 3:**

Define a dream in your own words.

**Solution 3:**

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

**Question 4:**

Why are dreams important? Mention two reasons.

**Solution 4:**

Dreams are important for two reasons:

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

**Question 5:**

Why has sleep been called a wonder?

**Solution 5:**

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.

**Question 6:**

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

**Solution 6:**

Do yourself.