

## Chapter 7: The Wonder Called Sleep

### Questions:

**Question 1.** What is the most obvious advantage of sleep?

**Answer:** The most obvious advantage of sleep is that it gives rest to our body. The body recovers from weariness after a good sleep and becomes alert and active. It becomes ready for the usual activities of the day.

**Question 2.** What happens to our body when we sleep?

**Answer:** Our body gets rest when we sleep. Our muscles relax more and our heartbeat becomes slower. Our temperature and blood pressure go down when we sleep.

**Question 3.** Define a dream in your own words.

**Answer:** A dream is an activity of the mind which takes place when we are asleep.

**Question 4.** Why are dreams important? Mention two reasons

**Answer:** Dreams are important due to following reasons

1. They help us sleep through noise and other disturbances.
2. They can provide solutions to certain problems.

**Question 5.** Why has sleep been called a wonder?

**Answer:** Sleep has been called a wonder because nobody knows what causes sleep. It takes us to a strange land and refreshes ourselves.

**Question 6.** Describe briefly to the class an important dream you have ever had.

**Answer:** I had a dream that I have been transferred to the era of Emperor Akbar. I saw the majestic palaces, the army and artillery. I saw the entire kingdom and was welcomed everywhere. People were happy with the administration of the kingdom. I met the queen and all the courtiers of the court. It felt as if I am witnessing the entire history with my own eyes.

**Grandmothers and mothers sing nice little songs while rocking little ones to sleep. Such a song is called a 'lullaby'. Do you remember a lullaby in your own language? Tell the class in English what the lullaby says.**

**Answer:** Do it yourself