

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