

The Wonder Called Sleep

Read the following questions carefully and choose the correct answer from the given alternatives:

Question 1.

What happens when we wake up?

- (a) our temperature becomes normal
- (b) breathing and heartbeat become normal
- (c) blood pressure rises to normal
- (d) all of these

▼ [Answer](#)

Answer: (d) all of these

Question 2.

Dream can not tell the

- (a) past
- (b) future
- (c) present
- (d) nothing

▼ [Answer](#)

Answer: (b) future

Question 3.

What happens to our everactive brain while we sleep?

- (a) works fast
- (b) does not work
- (c) slows down
- (d) none of these

▼ [Answer](#)

Answer: (c) slows down

Question 4.

Why has sleep been called a wonder?

- (a) we recover from tiredness
- (b) we become free from doing any work
- (c) we can rest properly
- (d) we recover from illness

▼ [Answer](#)

Answer: (a) we recover from tiredness

Question 5.

When does our body recover from fatigue?

- (a) after a good sleep
- (b) after some work
- (c) after a game of hockey
- (d) none of these

▼ Answer

Answer: (a) after a good sleep

Question 6.

What several things happen to our body while we sleep?

- (a) muscles relax
- (b) blood pressure goes down
- (c) heart beat becomes slower
- (d) all of these

▼ Answer

Answer: (d) all of these

Question 7.

The activity of mind, when we sleep, is called

- (a) sleeping mind
- (b) dream
- (c) active mind
- (d) wonder

▼ Answer

Answer: (b) dream
