



Dr Chris



Dr Xand

1. How much of our lives do we spend asleep?
2. Is sleep essential or optional?
3. There are two type of sleep and they recharge the _____ and the _____ .
4. What is the name of Dr Xand's teddy bear?
5. How much sleep did Dr Chris get?
6. How much sleep did Dr Xand get?
7. How much sleep do children need every night?
8. How long did Dr Xand dream for?
9. Why do some people snore?
10. Sum up in one sentence why sleep is so important.