

## Sleeplessness

### Worksheet 2

#### LISTENING - GAP FILLING EXERCISE

#### What If You Stopped Sleeping?

Adapted from: <https://www.youtube.com/watch?v=nNhDkKAvxFk>

1. Strangely science understands ..... little about why we sleep or how it evolved in the first place.
2. We have discovered a few .....
3. Excessive sleep however can lead to medical problems including cardiovascular disease and .....
4. But what if you stop .....right now.
5. This can actually trigger some extra energy, ....., positivity and even sex drive.
6. Once .....sets in you'll find yourself with slower reaction time and reduced perceptual and cognitive functions.
7. In some cases three days of no sleep has .....to hallucinations.
8. Sleep deprived individuals .....less healthy and less attractive than when they were well rested.
9. The longest scientifically documented case of being ..... was 264 hours or 11 days.
10. Sleep deprivation ..... on rats, for example, generally lead to death after about two weeks.
11. This disease only ..... around 100 people in the world but the average survival span was around 18 months.
12. Continuous sleep deprivation will have a negative ..... on your body.