

Sentence Practice

• 정답 p.68

C 다음 굵은 글씨로 된 부분에 유의하며, /로 끊어 읽기를 표시하고 해석을 써 봅시다.

^①When we sleep, does the brain **stop working**? ^②**It depends**. ^③Sometimes it **slows down**,

but sometimes it works hard. ^④The busiest time is called REM sleep. ^⑤REM means Rapid

Eye Movement ^⑥In this stage, your eyes move fast **under your eyelids**.

^⑦REM sleep helps the brain **stay healthy**. ^⑧We have dreams during REM sleep. ^⑨**Dreams**

that take place during REM sleep **give** the brain a chance to **let go of** hidden emotions, like

fear and jealousy. ^⑩People hide these feelings **when they are awake**. ^⑪But dreams let

them come out, **which** helps us feel calm.

^⑫REM sleep also helps us remember things because it moves memories into long-term

storage. ^⑬**Without** enough REM sleep, we forget things more easily. ^⑭**It takes about 90**

minutes to reach REM sleep. ^⑮This stage happens **around five times** each night.
