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Web Quest

Search the [Kids' Health](#) website for answers to the questions about sleep.

1 What do some scientists think the brain does while you sleep?

2 How many hours of sleep do kids need?

3 What is one of the things that might happen if you don't get enough sleep?

4 How many different stages of sleep are there?

5 What happens to your heart in the first stage of sleep?

6 What happens to your body temperature in the second stage of sleep?

7 What don't you notice during the third stage of sleep?

8 Which stage of sleep do you dream in?

9 What happens if you wake up during the R.E.M. stage of sleep?

10 Which foods should you avoid if you want to sleep well?