

# NCERT Solution

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## Chapter-07 The Wonder Called Sleep

**Ans1:** The most obvious advantage of sleep is that it helps our body and brain recover from fatigue caused by the day's activities. After a good sleep and the rest that it gives, we become alert and active again and ready for the normal activities of the day.

**Ans2:** Several things happen to our body when we sleep. As we sink deeper into sleep, our muscles relax more and more. Our heartbeat becomes slower. Our temperature and blood pressure go down. Our ever-active brain also slows down so that we can't think or act consciously. Our body is able to recover from fatigue caused by the day's activities.

**Ans3:** A dream is an activity of the mind that happens when we are asleep. It can also be defined as a series of thoughts, emotions and images that take place in a person's mind during sleep.

**Ans4:** Dreams are important for various reasons. One is that dream can help us to sleep through noise or other disturbances. Secondly, dreams often reveal a great deal about one's problem. If understood correctly, they can provide a key to the solution of those problems.

**Ans5:** Sleep has been called a wonder because although we still do not know what exactly causes sleep we do know enough about what sleep is and the benefits we receive after having a good sleep. Sleep after all helps both our body and brain recover from fatigue caused by the day's activities.

**Ans6:** This question requires you to use your own perspective as well as your analytical skills. The answer to the question would vary from one person to another. It is suggested that you read the text carefully and try attempting it your own.

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