

True or false?

**Dolphins do not
sleep.**

Courtesy of British Council

False!

**They sleep with
half their brain at a
time**

Courtesy of British Council

True or false?

**Cows sleep and
dream standing
up.**

Courtesy of British Council

True!

Cows do sleep and dream standing up although for longer sleeps they tend to lie down.

Courtesy of British Council

True or false?

**It is impossible to
sleep with your
eyes open.**

Courtesy of British Council

False!

People who sleep walk and babies often have their eyes open (or partially open) when they are asleep.

Courtesy of British Council

True or false?

**Fish close their
eyes to sleep.**

Courtesy of British Council

False!

**Fish have no eye-
lids!**

Courtesy of British Council

True or false?

**Birds often sleep
standing on one
leg.**

Courtesy of British Council

True!

**A sign of illness in
birds is when they
sleep on two legs.**

Courtesy of British Council

True or false?

**People need less
sleep as they get
older.**

Courtesy of British Council

False!

As we get older we don't need less sleep but we often get less because we are woken up more easily.

Courtesy of British Council

True or false?

**Lions sleep for up
to 20 hours a day.**

Courtesy of British Council

True!

**As lions live for 12
to 16 years they are
only awake for
about 3 years of
their life!**

Courtesy of British Council

True or false?

Sleep can be divided into different stages

Courtesy of British Council

True!

Sleep can be divided into many stages including Rapid Eye Movement (REM) sleep, which is when we dream most.

Courtesy of British Council