



## Lesson 7. The Wonder Called Sleep

### Supplementary

#### Summary of the chapter

##### **Sleep is a State of Rest**

When we sleep our body and brain recovers from weariness caused by various activities during the day. We become attentive and active after a good sleep. We become ready for the usual activities of the day. It is not always possible to recall what happened when we were asleep. We may remember a dream but nothing else. When we enjoy more and more sounds sleep, our muscles relax and heartbeat becomes slower. Our temperature and blood pressure both go down. The ever-active brain also slows down so that we could not think and put pressure on our mind. When we wake up, our temperature and blood pressure rise to normal.

##### **Dream is an Activity of the Mind**

The dream is an activity of the mind when we are asleep. Some dreams appear to be true while others are not. Many of the things that happen in dreams won't happen when we are awake. Dreams are important as they can help us to sleep in spite of noise or other disturbances.

##### **Dreams may Reveal Something about One's Problems**

Some doctors say that dreams can reveal a great deal about one's problems and can provide a key to the solution of those problems. But, dreams can never tell about the future. Sleep is the most common experience but we rarely think about the wonder and power of sleep. Sleep makes us lose ourselves in a dark forest. Nobody can avoid sleep for long, one has to accept it sooner or later.

Lights out

I have come to the borders of sleep,

The unfathomable deep

Forest where all must lose

Their way, however straight,

Or winding, soon or late,

They cannot choose.

There is not any book



Or face of dearest look  
That I would not turn from now  
To go into the unknown  
I must enter and leave along  
I know not how.

### NCERT Corner

**1. What is the most obvious advantage of sleep?**

The most obvious advantage of sleep is that it gives rest to our body. The body recovers from weariness after a good sleep and becomes alert and active. It becomes ready for the usual activities of the day.

**2. What happens to our body when we sleep?**

Our body gets rest when we sleep. Our muscles relax more and our heartbeat becomes slower. Our temperature and blood pressure go down when we sleep.

**3. Define a dream in your own words.**

A dream is an activity of the mind which takes place when we are asleep.

**4. Why are dreams important? Mention two reasons.**

Dreams are important due to following disturbances.

- (i) They help us sleep through noise and other disturbances.
- (ii) They can provide solutions to certain problems.

**5. Why has sleep been called a wonder?**

Sleep has been called a wonder because nobody knows what causes sleep. It takes us to a strange land and refreshes ourselves.

**6. Describe briefly to the class an important dream you have ever had.**

I had a dream that I have been transferred to the era of Emperor Akbar. I saw the majestic palaces, the army and artillery. I saw the entire kingdom and was welcomed everywhere. People were happy with the administration of the kingdom. I met the queen and all the courtiers of the court. It felt as if I am witnessing the entire history with my own eyes.

**7. Grandmothers and mothers sing nice little songs while rocking little ones to sleep. Such a song is called a 'lullaby'. Do you remember a lullaby in your own language? Tell the class in English what the lullaby says.**

**Ans.** Do it yourself

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## Chapter Practice

### Very Short Answer Type Questions

**1. What do you mean by sleep?**

Sleep is a state of rest where we remain in an unconscious state.

**2. Why is it necessary to sleep?**

It is necessary to sleep because it makes us alert and active. It gives us energy to perform usual activities of the day.

**3. What happens of our temperature and blood pressure when we sleep?**

During sleep, our heartbeat becomes slower and our temperature and blood pressure go down.

**4. What is a dream?**

Dream is an activity of the mind that happens when we are asleep and remain in an insensible state.

**5. Are all our dreams probable?**

Only some dreams are probable which means that many of the things that happen in dreams could happen when we are awake.

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### Short Answer Type Questions

**1. What kind of changes occurs in our body when we wake up?**

When we wake up after sleep, our temperature and blood pressure rise to normal or average. Our heartbeat and breathing also become normal. We become fully aware of the situation after we wake up.

**2. What do our dreams reveal about us?**

Dreams reveal a great deal about one's problems and can provide a key to the solution of those problem. Dreams cannot be used as a way to tell the future. They simply can never tell the future.



### 3. What is the theme of the poem 'Light Our'?

The theme of the poem 'Light Our' is that the sleep is indispensable. No other attraction can cause us not to sleep. But nobody knows what causes sleep.

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#### Long Answer Type Questions

##### 1. What is the importance of dreams in our life?

The dream is an activity of the mind when we are asleep. Some dreams appear to be true while others are not. Many things that happen in dreams won't happen when we are awake. Dreams are important as they can help us to sleep in spite of noise or other disturbances. Some doctors say that dreams can reveal a great deal about one's problems and can provide a key to the solution of those problem. But, dreams can never tell about the future.

##### 2. What changes occur in our body when we sink deeper into sleep?

When we enjoy more and more sound sleep, our muscles relax and heartbeat becomes slower. Our temperature and blood pressure both go down.

The ever-active brain also slows down so that we could not think and put pressure on our mind. We are not in the position to think or act consciously.

When we wake up, our temoerature and blood pressure rise to normal. Our heartbeat and breathing also become normal and we are fully awake and have forgotten most of the dreams.

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#### Value Based Questions

##### Is dreams a soothsayer? If not why?

Dreams are the activity of the mind. It takes place when we are asleep. It can never be a soothsayer because we never come to know about the future through dream.

It may to some extent reveal something about one's problems or may provide a key to some problems or may provide a key to some problems. Thus, we cannot call a dream a soothsayer.