



## Body clock

### Why do you wake up in the morning and go to sleep at night?

The answer is that we all have a body clock.

Your brain produces hormones, \_\_\_\_\_<sup>1</sup> melatonin and adrenaline, \_\_\_\_\_<sup>2</sup> control the way your body works. The body clock controls the production of these hormones, so that your body produces \_\_\_\_\_<sup>3</sup> at some times of the day and \_\_\_\_\_<sup>4</sup> at other times. \_\_\_\_\_<sup>5</sup>, you wake up and feel sleepy at different times of the day.

When light hits your eyelids in the morning, your brain \_\_\_\_\_<sup>6</sup> the sleep hormone, melatonin, your temperature \_\_\_\_\_<sup>7</sup> and you wake up. In the evening, when it's dark, your brain starts to produce melatonin again, and your body gets ready to go to sleep.

If you don't get \_\_\_\_\_<sup>8</sup> sleep, you will feel tired the next day. \_\_\_\_\_<sup>9</sup> a \_\_\_\_\_<sup>10</sup>, most teenagers say that they don't get enough sleep. they need about nine hours, but they normally only get about seven hours.

\_\_\_\_\_<sup>11</sup>, teenagers say that they go to bed at about 10 or 10.30 in the evening and they get up at 7 or 7.30. That's nine hours, so why don't they get enough sleep?

The problem is that the body clock doesn't stay the same all \_\_\_\_\_<sup>12</sup> your life. When you're a child, your body clock wakes you up naturally at about 7 o'clock, but when you \_\_\_\_\_<sup>13</sup> a \_\_\_\_\_<sup>14</sup>, your body clock changes. The natural time for a teenager to wake up is 9 o'clock in the morning and the natural time to go to sleep is \_\_\_\_\_<sup>15</sup>. When you become an adult, the body clock will go back to the early time again. \_\_\_\_\_<sup>16</sup> don't really understand why this happens, but it does.

Dennis, 14, is one of the teenagers in the survey. „I go to bed at 10.15 every night, but I don't get nine hours sleep,“ says Dennis. „I know that I won't go to sleep if I switch the light off \_\_\_\_\_<sup>17</sup>. So, I normally read and listen to music or the radio till about midnight. My parents don't understand. When I'm awake in the evening, they say, „Go to bed.“ Then at 7.30 in the morning when I'm asleep, they say, „Get up.“

Another teenager in the survey, Anita, says: „It's bad for me in England. I start school at 9 o'clock, but it's \_\_\_\_\_<sup>18</sup> for my friend, Suzie, in the USA. She starts school at 7 o'clock!“





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