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Tue, 12 Jun 2018 23:56:00 GMT - BRAIN RULE RUNDOWN. Rule #7: Sleep well, think well. When we're asleep, the brain is not resting at all. It is almost unbelievably active! It's possible that the reason we need to sleep is so that we can learn.

Sleep | Brain Rules -

Fri, 08 Jun 2018 03:15:00 GMT - Questions: 1) What happens during REM sleep? A. The sleeper dreams. B. The sleeper becomes paralyzed. C. The sleeper's eyes move rapidly.

Informational Passages RC - Sleep - English Worksheets -

Thu, 14 Jun 2018 12:55:00 GMT - 434 thoughts on "Cosleeping and Biological Imperatives: Why Human Babies Do Not and Should Not Sleep Alone"