

ENGLISH

CHAPTER 7: THE WONDER CALLED SLEEP



THE WONDER CALLED SLEEP

~Summary~

-by Edward Thomas

The lesson "**The Wonder Called Sleep**" talks about the concept of **sleep**. Sleep is a state of **unconscious rest**. During this state, our body and mind drift into a state of **unconsciousness**. When we **sleep**, our body starts **recovering** from the **tiredness** caused by the day's **activities**. Several things happen to our body while we are sleeping. Our **biological system** repairs and rejuvenates, our **muscles** relax, our **heartbeats** become slower, our **temperature** and **blood pressure** go down, our **minds** and **bodies** grow stronger, and we gain more **immunity power** during our sleep. The ever-active brain also slows down so that we won't be able to think or act **consciously**. Moreover, we have **dreams**.

Dream, an **activity of mind**, is a **series of events, thoughts, images, and sensations** that happen in our mind when we are **sleeping**. Dreams can be probable or improbable in nature, but they can **never** reveal anything about the **future**. Dreams are **essential because** it can help us **sleep** through the night **without disturbances**. Also, it can tell a lot about one's **problems**.

Though sleep is a common experience, it is filled with **wonders** and **packed with power**. The poem "Lights Out" by Edward Thomas describes the **concept of sleep** at its best. It tells us the **experience of falling asleep**, and it makes us wonder at the **beauty** and the **mysterious nature of sleep**. At the same time, the poem also explains how **inevitable** the sleep is. Once you are in the border, you cannot **refrain** yourself from falling **asleep**.



Sleep: a state of unconscious rest

~Conclusion~

Though some of the events or incidents that we see in our dreams are probable, they do not predict the future. In his poem "Lights Out", the poet Edward Thomas calls sleep an "unfathomable deep", referring to the impossibility of fully understanding this state. Thus, sleep is a state of stillness, a temporary pause and rest. It gives the body time to renew its energy. Hence, a good sleep is a must for us to wake up fresh and active.

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NCERT SOLUTIONS

Questions (Page No. 24)

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

Answer: 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.

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

Answer: 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.

Question 3. Define a dream in your own words.

Answer: 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.

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

Answer: 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.

Question 5. Why has sleep been called a wonder?

Answer: 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.

Question 6. Describe briefly to the class an improbable dream you have ever had.

Answer: 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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