

Answers to **Sleeping for exam success – exercises****Preparation**

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|------|------|
| 1. d | 5. c |
| 2. h | 6. e |
| 3. a | 7. b |
| 4. g | 8. f |

**1. Check your understanding: ordering**

- 7 When memory consolidation takes place.
- 5 What memory consolidation is.
- 3 The ideal amount of sleep at each stage of life.
- 2 The average time students in the class sleep.
- 6 Conditions that improve memory consolidation.
- 1 A personal memory from the past.
- 4 Reasons why the human body needs sleep

**2. Check your understanding: gap fill**

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|--|------------------|
| 1. organise                              | 5. brain         |
| 2. short-term memory   short term memory | 6. consolidation |
| 3. memory and sleep   sleep and memory   | 7. reviewing     |
| 4. six and eight   6 and 8               | 8. deep          |