

Exercise sheet

JAMEELA AND HER INSOMNIA

The diary shows that Jameela spends **almost two hours in bed before falling asleep**, and that her sleep remains light: **after only three hours she wakes up and takes almost two hours to fall back to sleep.**

She wakes up relatively late (which may make her late for class or mean she skips a class) and she also takes a long time to get up, almost certainly because she’s so tired.

Her sleep efficiency is clearly **poor: about 54%.**

