True or false?

Dolphins do not sleep.

Courtesy of British Council
False!

They sleep with half their brain at a time

Courtesy of British Council
True or false?

Cows sleep and dream standing up.

Courtesy of British Council
True!

Cows do sleep and dream standing up although for longer sleeps they tend to lie down.

Courtesy of British Council
True or false?

It is impossible to sleep with your eyes open.

Courtesy of British Council
False!

People who sleep walk and babies often have their eyes open (or partially open) when they are asleep.

Courtesy of British Council
True or false?

Fish close their eyes to sleep.

Courtesy of British Council
False!

Fish have no eye-lids!

Courtesy of British Council
True or false?

Birds often sleep standing on one leg.

Courtesy of British Council
True!

A sign of illness in birds is when they sleep on two legs.

Courtesy of British Council
People need less sleep as they get older.

Courtesy of British Council
As we get older we don’t need less sleep but we often get less because we are woken up more easily.

Courtesy of British Council
Lions sleep for up to 20 hours a day.

Courtesy of British Council
As lions live for 12 to 16 years they are only awake for about 3 years of their life!

Courtesy of British Council
True or false?

Sleep can be divided into different stages

Courtesy of British Council
Sleep can be divided into many stages including Rapid Eye Movement (REM) sleep, which is when we dream most.

Courtesy of British Council