



Elevate Your Problem-Solving Skills with Afternoon Naps

Description

A new study shows that taking naps in the afternoon can help our brains solve problems better. The study found that [REM sleep](#), which is when we dream, is especially important for this.

Researchers from Texas State University studied how people solve problems. They found that those who took naps were better at using past experiences to find solutions to new problems.

"When a problem feels hard, the phrase 'just sleep on it' may actually help, especially if you dream," said the researchers.

Sleep chart
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More REM sleep helps with problem solving. (Westerberg et al., *Journal of Sleep Research*, 2024)

In the study, 58 people tried solving different problems. Some took a 110-minute nap, while others stayed awake. Those who napped did much better on the problems later.

This study suggests that naps can make us better at solving problems. Having REM sleep helps our brains make connections between different ideas.

Vocabulary List:

1. **Naps** /næps/ (noun): Short periods of sleep typically taken during the day.
2. **Researchers** /ri:'sɜ:r.tʃəz/ (noun): Individuals who conduct studies and investigations to discover new information.
3. **Solve** /sɒlv/ (verb): To find an answer to a problem or question.
4. **Important** /ɪm'pɔ:r.tənt/ (adjective): Of great significance or value.
5. **Connections** /kə'nek.jənz/ (noun): Relationships or links between different ideas or elements.
6. **Problems** /'prɒb.ləmz/ (noun): Difficulties or challenges that require a solution.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which stage of sleep is characterized by rapid eye movement and dreaming?

Option: Stage 1



Option: Stage 2

Option: Stage 3

Option: Stage 4

2. Who are scientists that study celestial objects such as stars planets and galaxies?

Option: Biologists

Option: Geologists

Option: Physicists

Option: Astronomers

3. What term is used to describe a decline in cognitive function that affects memory thinking and behavior?

Option: Bacteria

Option: Dementia

Option: Virus

Option: Fungi

4. What force attracts a body toward the center of the Earth?

Option: Magnetism

Option: Friction

Option: Tension

Option: Gravity

5. What are individual events and occurrences that a person goes through in their lifetime?

Option: Solutions

Option: Results

Option: Experiences

Option: Consequences

6. What cognitive process involves encoding storing and retrieving information?

Option: Processing

Option: Memory

Option: Reasoning

Option: Imagination

7. What term describes a gentle feeling of fondness or liking?

Option: Hatred

Option: Jealousy

Option: Indifference

Option: Affection

8. What is the body's response to pressure or threat?

Option: Relaxation

Option: Meditation



Option: Stress

Option: Joy

9. What is a huge system of stars gas and dust bound together by gravity?

Option: Planet

Option: Satellite

Option: Comet

Option: Galaxy

10. What compounds are often used as fertilizers to promote plant growth?

Option: Nitrates

Option: Phosphates

Option: Sulfates

Option: Chlorides

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A _____ between two people can be strengthened through open communication.

12. In chemistry a mixture is composed of a solute and a _____.

13. Scientists conduct _____ to test hypotheses and theories.

14. The _____ between the Earth and the Sun is approximately 93 million miles.

15. Nuclear energy is a _____ source of electricity.

16. A smoke _____ can alert residents to the presence of a fire.

17. The magician performed a trick where the object seemed to _____ in mid-air.

18. The athlete _____ before starting the race to prevent muscle injuries.

19. The archeologists made a groundbreaking _____ in the ancient tomb.

20. The old mansion had a _____ atmosphere with creaking sounds coming from unknown sources.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Establishing meaningful relationships and building professional networks are essential for personal growth.
22. Exercise and a balanced diet are crucial for maintaining a lifestyle.
23. After a long day I love to up with a good book and a warm blanket.
24. It is to listen actively in order to understand others better.
25. Trust and communication are key elements in a successful and lasting .
26. The Moon follows an around the Earth completing one cycle every 27.3 days.
27. Rubbing a balloon against a wool sweater can create electricity.
28. exercises help improve flexibility and prevent muscle stiffness.
29. A warm hug is a simple gesture that conveys love and .
30. A metal can identify the presence of metallic objects in luggage at airports.

Answer

Multiple Choice: 1. REM sleep 2. Astronomers 3. Dementia 4. Gravity 5. Experiences 6. Memory 7. Affection 8. Stress 9. Galaxy 10. Nitrates

Gap-Fill: 11. Connection 12. Solution 13. Experiment 14. Distance 15. Powerful 16. Detector 17. Levitates 18. Stretched 19. Discovery 20. Mysterious

Matching sentence: 1. Connections 2. Healthy 3. Cuddle 4. Important 5. Relationship 6. Orbit 7. Static 8. Stretching 9. Affection 10. Detector

CATEGORY

1. Health - LEVEL1

Date Created

2025/02/16

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