

SOLUTION 4007 – IMPORTING A TEXT FILE AND CHECKING SPELLING

So why do we sleep? This is a question that has baffled scientists for centuries and the answer is, no one is really sure. Some believe that sleep gives the body a chance to recuperate from the day's activities but in reality, the amount of energy saved by sleeping for even eight hours is miniscule - about 50 kCal, the same amount of energy in a piece of toast.

A good way to understand the role of sleep is to look at what would happen if we didn't sleep. Lack of sleep has serious effects on our brain's ability to function. If you've ever pulled an all-nighter, you'll be familiar with the following after-effects: grumpiness, grogginess, irritability and forgetfulness. After just one night without sleep, concentration becomes more difficult and attention span shortens considerably.

With continued lack of sufficient sleep, the part of the brain that controls language, memory, planning and sense of time is severely affected, practically shutting down. In fact, 17 hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol level of 0.05% (two glasses of wine). This is the legal drink driving limit in the UK.

Marking checklist

Paper Size set to A4

Orientation set to Portrait

Text box created and positioned in top left-hand corner

Text imported (any font style and size)

Spelling corrected as indicated

Publication saved as **Pub7**

Publication printed on A4 paper