

## Defining and Non-Defining Relative Clauses 5

Read the following article. Then complete it using defining or non-defining relative clauses. Use the phrases from the note sheet below to help you. Add 'who', 'that', 'which' or 'whose' and commas where necessary

- need eight or more hours of sleep a night	- were conducted in a laboratory
- had this condition need extra sleep	- are happy with only four or five hours
- might control our sleep	- didn't have it, did not need the sleep
- research was done a year ago	- only sleeps two hours a night
- are short sleepers	- are passed down in families
- is below the recommended amount	- have this condition need less sleep than other people

### Sleeping Runs in the Family

Sleep is important. We need it to live and it is important to our well-being, but not everyone gets the same amount of sleep each night. There are many people (1)                                 . However, there are also others (2)                                 . Scientists call these people 'short sleepers'. Is this simply a lifestyle choice? Not necessarily. Researchers recently found a gene mutation (3)                                  that/which                                 .

Recently, a research team studied a mother (4)                                  and her daughter (5)                                 . They only sleep for short periods each night. The researchers analysed the entire family and discovered that both the mother and the daughter's lack of sleep is a medical condition, almost like an illness. People (6)                                                                  .

The researchers have known about this condition in mice for a long time. In scientific experiments (7)                                  they realised that mice (8)                                                                   whereas mice (9)                                  that/which didn't have it, did not need the sleep.

The same researchers (10)                                  think that illnesses and conditions (11)

that/which \_\_\_\_\_ might be more important for our sleeping patterns than our lifestyles. If you only sleep four or five hours a night (12) \_\_\_\_\_ your lifestyle might not be to blame.



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