

- 75.** Among the previous studies, the text reports one in which an association was established between
- A) dreaming and successfully recalling new information from the day.
  - B) listening to recordings during sleep and mental confusion when waking.
  - C) being woken in the second REM stage of sleep and forgetting things more easily.
  - D) the non-REM stage of sleep and the reactivation and consolidation of memories.

Assunto: Interpretação de texto

O quinto parágrafo mostra claramente o foco do estudo no trecho "...previous studies have shown that non-rapid eye movement (non-REM) sleep ... is crucial for consolidating memories". Aqui o vocabulário é mais simples e parecido com nossa língua-mãe, facilitando, assim, descartar as outras três opções.

Item: D