

80. Scott Cairney, one of the researchers responsible for the study, explains that the results are relevant to understand

- A) how much brain work is carried out while a person sleeps.
- B) how our brain functions while we are dreaming.
- C) the way we learn and the way we keep healthy brain functions.
- D) the relation between brain activity in sleep and our mood after waking.

Assunto: Interpretação de texto

No parágrafo 13, encontramos palavras-chaves da questão como “learn”, “cairney” e “healthy brain functions”. Aqui temos a conclusão segundo o pesquisador Scott Cairney no trecho “When you are awake you learn new things, but when you are asleep you refine them”. Ao fim do parágrafo, o pesquisador destaca a importância (“This is importante”) do sono para reter funções cerebrais saudáveis (“healthy brain functions”).

Item: C