

Sleep

1 Kip, nap, doze, forty winks, shut-eye and snooze are all expressions we use to describe that mysterious state, **sleep**. We all do it. We can't get by without it, and by the time we reach old age most of us have spent 20 years sleeping. Yet, nobody knows why we do it.



2 Most scientists reckon that by resting our bodies, we allow time for essential maintenance work to be done. Any damage that there is can be put right more quickly if energy isn't being used up doing other things. Injured animals certainly spend more time asleep than usual while their wounds are healing. And quite a few illnesses make us feel drowsy so our body can get on with curing us.

3 Sleep is controlled by certain chemicals. These build up during the day, eventually reaching levels that make us tired. We can control the effects of these chemicals to some extent. Caffeine helps to keep us awake while alcohol and some medicines make us sleepy.

4 By using electrodes, scientists are able to study what goes on in people's heads while they are sleeping. They have discovered that when we first drop off, everything slows down. The heart beats more slowly and our breathing becomes shallow. After about 90 minutes our eyes start to twitch and we go into what is called **REM** sleep. REM stands for *Rapid Eye Movement*, and it's a sign that we've started to dream.

5 You have dreams every night, even if you don't remember them. There are all sorts of theories about why we dream. One is that it gives the brain a chance to sort out the day's activities, filing everything away in the right place. Another is that the brain gets bored while we're asleep and organizes its own entertainment - a sort of late - night cinema!

6 A lot of people say they have to have eight hours 'sleep every night while others seem to manage on a lot less. One thing's for sure, we all need some sleep and going without it can have a very strange impact. An American disc-jockey, who stayed awake for 200 hours to raise money for charity, thought things were bursting into flames all around him after 120 hours without sleep. He survived the ordeal but was depressed for three months afterwards.



7 Humans are unusual in the way they sleep. Most animals have a sleep during the day and tests have shown that a siesta can be beneficial for us too. It's even been recommended that airline pilots should have a nap during long flights so that they are more alert for the tricky business of landing.

8 So next time you nod off after Sunday lunch in front of the telly, don't feel embarrassed about it. Science, after all, is on your side.

I COMPREHENSION (15 POINTS) (Base all your answers on the text)

A. ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY (4 PTS)

- 1 Human beings can do without sleep.....
.....
- 2 Body chemicals, that cause tiredness, are not fully controllable.
.....
.....
- 3 The heart beats increase noticeably while sleeping.....
.....
- 4 During dreams, the brain is said to list the day's events in a disorderly way.
.....

B. ANSWER THE FOLLOWING QUESTIONS : (3 PTS)

- 1 When do wounded animals need much sleep?
.....
.....
- 2 How can scientists know about the brain's reactions during sleep ?
.....
.....
- 3 What happened to the American D.J ?
.....
.....

C. COMPLETE THESE SENTENCES : (2PTS)

- 1 According to scientists we start to dream
- 2 Pilots on long distance flights would be more attentive to landing if.....

D. FIND IN THE TEXT WORDS MEANING ALMOST THE SAME AS : (4PTS)

- 1 permit (parag.2):.....
- 2 found out (parag.4):.....
- 3 effect (parag.6):.....
- 4 strange (parag.7):.....

E. WHAT DO THE UNDERLINED WORDS IN THE TEXT REFER TO? (2PTS)

- 1 Another (parag.5):.....
- 3 They (parag.7):.....

II LANGUAGE (15 POINTS)

A. Put the verbs between brackets in the correct tense. (3 pts)

- 1 Morocco(produce) 40% of its energy needs via solar energy by the year 2020.
- 2 The tramway(already / leave) when we arrived at the station.
- 3 Mr. Jenkins is tired. He(work) all day long.

B. Circle the correct words. (3 pts)

- 1 Naomi *has / had* applied for the job before she knew about the salary.
- 2 This time next month the group will *be playing / is playing* in London.
- 3 Do you think you'll ever get used to *go / going* away on business so after?

C. Complete the sentences with these words. (2 pts)

reviews – **qualities** – **promoted** – **facilities**

- 1 With a little luck, I should get to manager next month.
- 2 The main you need to be a nurse are patience and understanding.
- 3 After reading the in the local paper, I decided not to go and see the play.
- 4 There is a wide variety of entertainment in this town.

D. Complete the sentences with the correct prepositions. (3 pts)

- 1 I've always had a fear heights. That's why I can't live in a block of flats.
- 2 What do you think you'll do a living when you finish your education?
- 3 There's a lot to sort now that we've moved to our new house.

E. Use the words in capitals at the end of each sentence to make words which fit in the spaces. (4 pts)

- 1 My only about the film was that the costumes were too conventional.
COMPLAIN
- 2 Sam didn't get the job because he didn't have the right **QUALIFY**
- 3 Ron has been for ages and he's keen to start working again.
EMPLOY
- 4 It was great to see all those wild creatures in their habitat. **NATURE**

