

Read the text and do the tasks below:

How much sleep do you need each night? Do you usually get this amount? Can you catch up on sleep you have missed at night by sleeping at other times, or do you find it difficult to sleep during the day? The rest of this article will give you some useful information and advice. The amount of sleep human beings need varies from individual to individual. We know that most adults need about 8 hours of sleep a day, but this number can vary greatly; 'short sleepers' may need only 5 hours, whereas 'long sleepers' may need 9 to 10 hours. Babies need about 16 hours a day while many teenagers need an average of 9 hours. As people get older, they tend to need less sleep; some elderly people wake up early in the morning and cannot sleep for more than five or six hours. Exactly how much we need depends on several factors, including our age, our daily routine, the quality of our sleep and our genetic make-up. How do we know if we are getting enough sleep? In general, if you feel drowsy during the day, you need more sleep. You may think that you are sleeping for long enough, but these are some of the signs that you may need more: you cannot concentrate at school or at work; you find it difficult to get up in the morning; you are moody or irritable; you have memory problems. So why is it important that we get enough sleep? Sleep provides our bodies with a chance to switch off. This allows us to recharge our mental and physical batteries and be ready for each new day. If we have slept well, we should wake up in the morning feeling alert and rested. People who have been deprived of sleep find it difficult to perform the simplest activities. For example, motorists who fall asleep at the wheel are responsible for thousands of traffic accidents every year.

Answer the following question:(30 m)

- 1-What are the factors that sleeping depend on?
- 2- Why is it important that we get enough sleep?
- 3-How do we know we may need more sleep?

Find words in the text which mean the following(20 m)

- 4-Easily feeling gloomy for no good reason.
- 5-Give all your attention to a subject.

Rewrite these sentences about the text to correct the information(20 m)

- 6-If we have slept well, we should wake up in the morning feeling tired and exhausted.
- 7- As people get older, they tend to need more sleep.

Choose the correct words in brackets(100 marks)

- 8-Could I (do-make) a suggestion?
- 9-I'm (making-doing) research into sleep deprivation .
- 10-You will have to(make-do) a special effort if you want to pass your exam.
- 11-Last night's storm(made-did) a lot of damage to buildings in our area.
- 12-The student had to (make off – make up) a story about their recent holiday .
- 13- Where do you (make-do)your shopping?
- 14-The doctor told my grandmother she'd have to learn to do(without –up) sugar.
- 15- We'll have to do the room (up –without) before anyone sleeps there.
- 16-Not everyone in our family has a mobile so we can't (do away with - do up) our landline.
- 17-You shouldn't try to (do away with / do without) sleep. You need at least eight hours a night.

Rewrite the following sentences as required in brackets: (70 marks)

- 18-My parents spent every day of their lives together . (He said)

.....
19-We don't argue about anything. (They said)

.....
20-I have lost my glasses. (He said)

.....

21-Ruba: I'm going out with my parents. (Ruba said)

-.....

22-Where do you play football? (he asked me)

-.....

23-Do you work in a college? (I asked him)

-.....

24-What subject do you teach? (I asked him)

-.....

Write questions about the underlined words(40 marks).

25-.....?

-Doctors advise that regular exercise and a healthy diet are crucial.

26-.....?

-8 hours a night is recommended.

27-.....?

-Alberto and Maria have been married for nearly eighty years.

28-.....?

-May's husband died twenty years ago.

Fill the gaps with the missing words (20 marks):

29-Ibrahim usually arriveswork on time.

30-Familyvery important to everyone.