

READING**(14 marks)**

Read the text carefully, and then answer the questions that follow:

Sleep is an essential part of life. Although we think of sleep as a time when we rest completely, it's actually a very busy period for the brain. Scientists claim that sleep is the time when information is sorted and stored by the brain.

Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy. Scientists have already identified five sleep stages by studying brainwaves. Stage 1 is when we begin to fall asleep.

The brain tells the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adult's sleeping time.

Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about 44% to 55% of a young adult's sleeping time. Stages 3 and 4 are when we sleep most soundly. Now the brainwaves and heartbeat are at their slowest and our muscles become very relaxed.

We might have some dreams in this stage, which makes up about 15% to 23% of a young adult's sleeping time. Stage 5 is called the REM (Rapid Eye Movement) stage. Although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage.

Our heartbeat and breathing become faster, and this is when dreams are most frequent. This stage makes up about 20% to 25% of a young adult's sleeping time.

- 1-What are the benefits of getting enough sleep?
- 2-Scientists have already identified sleep into stages.
How many stages does sleep have?
- 3- Quote the sentence that indicates what happens in Stage 2.
- 4-What does (REM) stand for?
- 5-When do dreams become most frequent?
- 6-Find out a word from the text that is opposite to (Slowly).
- 7-Find out a word from the text which means (important or necessary)

VOCABULARY

(5marks)

Fill in the blanks with the correct words from the box, one word isn't needed:

{ apnea – monitored – inability – snores – grateful – confident }

- 1-I can't sleep well at night, because my brother _____ loudly.
- 2-The nurse _____ the patient's oxygen levels all night.
- 3-_____ could prevent you to sleep properly at night, because of the lack of oxygen.
- 4-The lady was _____ to the hospital staff after she had given a birth.
- 5-My son is always _____ he takes decisions without hesitation.

STRUCTURE

(10marks)

Correct the verbs in brackets.

- 1-Scientists _____ already _____ five sleep stages. (Identify)
- 2-Cars _____ always _____ by the mechanic. (Repair)
- 3-I would stay at home if you _____. (do)
- 4-Are you available tonight? How about _____ to the mall. (go)
- 5-_____ you ever _____ to Europe on a tour? (be)

SPEAKING

(6 marks)

What advice would you give to three people who have these problems?

- 1-Muna has a mid-term exam and she hasn't started her study yet.

- 2-A young lady stuck in the traffic jam, and she couldn't park her car.

- 3-Hisham spends many hours a day using the computer. His eyes started to hurt him.

[illegible]

Answers

READING

(14 marks)

- 1- Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.
- 2- Scientists have already identified five sleep stages by studying brainwaves.
- 3- The heartbeat and breathing become slower.
- 4- REM stands for (Rapid Eye Movement).
- 5- We have the most common dreams in Stage 5.
- 6- The opposite of (Slowly) is (quickly).
- 7- The word that means (important or necessary) is (essential).

VOCABULARY

(5 marks)

1-Snores 2-monitored 3- apnea 4 - grateful 5- confident

STRUCTURE

(10 marks)

- 1-have / identified 2-are /repaired 3- did
4- going 5- have / been

SPEAKING

(6 marks)

- 1-If I were you, I would start studying and wouldn't lose any minute.
- 2-You should ask someone to park your car to stop the traffic jam.
- 3-I would spend few hours on computer if I were you.

WRITING

(5 marks)

Student's own answer

هذا الملف مقدم من



أول موقع تعليمي مختص بالصفوف الأساسية للتعليم
(من الصف الأول حتى الأول ثانوي)
يقدم شروحات كاملة للمواد على شكل حصص مصورة



للاشتراك
ببطاقات أساس
أو للاستفسار:
0799 79 78 80