

Read the text. For each question (1-5), choose the correct answer.

The Science of Sleep

Where do we go when we hit the pillow, switch off and plunge into sleep? The question has befuddled philosophers, scientists and psychologists for centuries. Why do we need sleep and what happens to our minds, bodies and deep psyche during the night? Perched on the frontiers of consciousness, the interdisciplinary science of sleep has been a series of shots in the dark for a long time. Although sleep is an integral part of all animal life, we owe our understanding of our slumbering parallel lives to only a few moments of discovery in the 20th century and many gaps still need to be filled. During sleep, consciousness is dimmed, we enter a state close to paralysis, with only our eyes making quick movements behind our eyelids, the cells inside our ears pricking up as if to catch some mysterious revelation. We sometimes dream of flying or falling or being stark naked and then we come back to everyday life with faint scraps of dream life. One thing that is not in doubt is that our chances of survival without food or drink are higher than if we were deprived of sleep, with the record standing at eleven consecutive days. The omnipresent blue light given off by proliferating screens is the fiercest adversary of our much needed nightly rest, which is why we sleep on average two hours less than our ancestors did a century ago. When we do manage to get a good night's sleep, an increasingly more rare occurrence in our floodlit, caffeine-saturated, 24/7 society, we cycle four or five times through 5 stages of sleep, each playing its own role in regulating our bodies, moods and minds. Stage one is the shallow end of sleep, not lasting more than five minutes. Then our brain starts sparkling with electricity. The half-second sparks are called spindles and as they ripple through our cortex they announce the beginning of stage two. These bursts of energy in our brain are responsible for preserving and fixating information that is new to us. They are more frequent, neurologists claim, when we are in the process of mastering something new and are linked to increased efficiency in performing new tasks.

It is in the next two stages that we succumb to sleep, entering a state that proves poets have been right all along in comparing sleep to death. We enter a coma-like phase of sleep where there are no dreams, our bodies have a higher pain threshold and a general restorative process is underway. Although this lasts a mere thirty minutes, this is most likely when we truly recharge our batteries. And it is good that we do, as we then plunge into the mysterious and highly demanding realm of REM, the famous rapid-eye movement stage of sleep. Charted as recently as 1953, REM is a nearly psychotic state in which the brain is hyperactive and our dreams are vivid flights of fancy. The dreams in stage two of sleep are mere preludes to what happens during REM. This is such an intense experience, key to mood-regulation and memory consolidation, that it is not at all surprising that it has received most attention from artists and scientists alike. However, most scientists would agree that our wildest dreams are down to the random firing of neurons and that only retrospectively, in our waking hours, do we imbue them with higher meaning.

With such complex goings-on during what is mistakenly thought to be our most unproductive state, sleep might well be what makes life possible.

1. Our understanding of sleep is

- A) fairly recent B) primeval C) what makes us human D) now complete

2) According to the text, the quality of sleep is affected by

- A) the Internet B) our use of technology C) eating late at night D) current events

3) Spindles help with our

- A) long-term memory B) emotions C) intelligence levels D) learning processes

4) In stages 3 and 4, we are less likely to

- A) rest properly B) feel anything C) snore D) remember our dreams

5) There is a general agreement among scientists that

- A) REM sleep is dangerous B) dreams do not mean anything themselves.
C) REM can lead to burn-out D) we only dream during REM

Read the first sentence. For the second sentence, choose the best answer for each gap (6-10) so that the meaning stays the same.

6) They have been working on the new road for two months now.

The new road for two months now.

- A) has been under construction B) has been in construction C) has been constructing

7) I was able to learn a few words in Spanish when I was on holiday last summer.

I was able to a bit of Spanish when I was on holiday last summer.

- A) pick out B) pick down C) pick up

8) I think we should forget our past differences and rebuild our friendship.

I think we should and rebuild our friendship.

- A) turn over a new leaf B) turn over a fresh leaf C) turn in a new page

9) If you want to build a house on this land it has to follow the regulations.

If you want to build a house on this land it has to be the regulations.

- A) in spite of B) in accordance with C) in following of

10) We were soon dancing to the music played by the band.

The band soon to their music.

- A) had us all dancing B) had us all danced C) had us dance

Read the text. For each question (11-20), choose the best answer.

Jane Goodall

Jane Goodall is the world's most famous primatologist and an inspiration to women scientists all over the world. When she **(11)** her career, nobody thought **(12)** of her. When young Jane Goodall **(13)** foot in the forest of Gombe, the world did not know much about chimpanzees, **(14)** their deep connection to humans. Jane went **(15)** her research in unorthodox ways. She saw herself not so much as a researcher but as a neighbour and next of kin of the chimps. Jane Goodall's **(16)** discovery that chimpanzees produced and effectively used tools is thought to be a landmark in contemporary science. The world of science has never looked **(17)** from then and her understanding of chimpanzees continues to influence the work of many young researchers today. Perhaps the most significant realization that Goodall brought to us is the fact that chimpanzees have **(18)** personalities and need to be understood as individuals with their own motivations, moods and personalities. After establishing herself as a **(19)** primatologist, Dr. Goodall left the jungle to become an **(20)** for animal rights, fighting for environmental causes across the world. After she managed to open the minds of chimpanzees to us humans, today she is opening our hearts to the pressing environmental crisis we are facing.

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|-----|---------------------|------------------|------------------|-------------------|
| 11. | A) initiated | B) introduced | C) invented | D) started |
| 12. | A) much | B) a lot | C) many | D) high |
| 13. | A) set | B) lay | C) put | D) tread |
| 14. | A) not to mention | B) let alone | C) not to say | D) leave alone |
| 15. | A) with | B) about | C) through | D) in |
| 16. | A) world-shattering | B) earth-rocking | C) life-changing | D) world-changing |
| 17. | A) back | B) out | C) up | D) down |
| 18. | A) distinguished | B) definite | C) distinct | D) definitive |
| 19. | A) utmost | B) foremost | C) first | D) furthermore |
| 20. | A) defender | B) advocate | C) employee | D) protector |

For each sentence (21-25), choose the right answer to define the phrase in underlined and italics.

21. Unfortunately, there are many places where resources are thin on the ground.

- A) plentiful B) scarce C) paramount

22. It would be a good idea to dispose of all those papers.

- A) acquire B) get hold of C) throw away

23. This article will spark off a fierce debate.

- A) trigger B) calm down C) neutralize

24. This process is part and parcel of the entire plan.

- A) a necessary feature B) an extra feature C) a redundant feature

25. I searched my bag and couldn't find my wallet.

- A) hit off B) picked out C) rooted around in

For each group of sentences (26-30), choose the word which can be used in all three gaps.

26.

- The former manager was reluctant to hand over.....to the deputy in her absence.
- Fuels would have been used if nuclear.....hadn't been chosen.
- Security was given theto break up gatherings of five or more.

- A) power B) force C) strength D) energy

27.

- Demand for travel items is very..... because of the pandemic.
- The spokesperson put forward a rather argument for closing local shops.
- This coffee's way too..... ; I will order a cup of espresso.

- A) strong B) limited C) weak D) low

28.

- I have absolutely no intention of changing my ; don't even bother.
- After all these years, I think I would have been offered a better.....in the firm.
- Our financial is better than it's ever been.

- A) mind B) situation C) opinion D) position

29.

- The ruling party should try to end conflicts between its conservative and liberal
- It has been agreed that the.....for the aircraft would be made in Europe.
- The building consists of a main block with two smaller.....on each side.

- A) wings B) sides C) satellites D) branches

30.

- Will you join me for aof golf tomorrow?
- We are meeting tomorrow for anotherof negotiations.
- Our apartment building is near the end of the postman's so it will be a while until he gets here.

- A) turn B) party C) session D) round