



We spend a third of our lives sleeping. Napoleon, Florence Nightingale and Margaret Thatcher got by on four hours a night. Thomas Edison claimed it was waste of time. So why do we sleep? This is a question that has baffled scientists for centuries and the answer is; no one is really sure. Some believe that sleep gives the body a chance to recuperate from the day's activities. With continued lack of sufficient sleep, the part of the brain that controls language, memory, planning and sense of time is severely affected, practically shutting down. In fact, 17 hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol level of 0.05% (two glasses of wine). This is the legal drink driving limit in the UK.

Research also shows that sleep-deprived individuals often have difficulty in responding to rapidly changing situations and making rational judgments. In real life situations, the consequences are. Sleep deprivation not only has a major impact on cognitive functioning but also on emotional and physical health. Disorders such as sleep Apnoea which result in excessive daytime sleepiness have been linked to stress and high blood pressure. Research has also suggested that sleep loss may increase the risk of obesity because chemicals and hormones that play a key role in controlling appetite and weight gain are released during sleep.

I. Reading comprehension:

1. What the text is speaking about?

- **The text is speaking about: sleep deprivation**

2. Are these statements true or false?

- a) Sleep severely affects the part of the brain that control language.....**true**
- b) Sleep deprivation leads to an increase in body performance.....**false**
- c) Sleep-deprived does not have difficulty in responding to rapidly changing situations. ...**false**

3. Answer these questions (be precise):

- a) What happens if we have a continued lack of sufficient sleep?
 - **A difficulty in responding to rapidly changing situations and making rational judgments. as it have also a major impact on cognitive functioning and emotional and physical health.**

B. What are the major impacts of sleep deprivation on individuals? (At least two impacts).....

- 1.the part of the brain that controls language, memory, planning and sense of time is severely affected, practically shutting down,
- 2. Sleep deprivation leads to to a decrease in performance equivalent to a blood alcohol level of 0.05%

II. Text exploration

1. A. Find in the text words that are closest in meaning to:

Badly §1§ = ...**severely**.....

Quickly §2§ =...**rapidly**.....

• B. Find in the text words that are opposite in meaning to:

Sufficiency §1§ ≠...**lack**.....

Lose §2§ ≠**gain**.....

2. Give the correct form of the verbs in brackets.

- I (to watch)**was watching**..... a film yesterday when my brother came in.
- Thanina (to go) ...**goes**.....to school on foot.

3. Rewrite sentence “b” so that it means the same as “a”

1. A. what have you decided to do? She asked me

B. she asked me weither I have decided what to do.

2. A. “you should revise your lessons” She advised him

B. She advised him to revise his lessons.

3. A. Amina was preparing coffee.

B. Coffee was prepared by amina

4. A. Next week we will make a party.

B. A party will be made next week.

III. Written expression Write a small summery of the text.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....