SLEEP

1. Many people think that nothing happens when they sleep. Doctors, on the other hand, have studied sleep for many years, and they think that a lot happens when people sleep.

2. Doctors say that people have five stages of sleep, and that they usually go through each phase about every 90 minutes. During the first two stages, you sleep lightly. If someone calls you or puts his or her hand on you, you wake up quickly. Your body rests quietly. You breathe more slowly than when you are awake. Your heart beats slowly. During stages three and four, you sleep deeply. If someone puts his or her hand on you, you don't wake up. Your heart beats more slowly than it does in stages one and two. Neither sounds nor lights wake you up. The last stage of sleep is called REM (Rapid Eye Movement). During REM sleep, your eyes move under your eyelids. You breathe faster, and your heart beats faster than it does in the previous stages. All of these things happen because you are dreaming. Dreams are another issue that fascinates people. Doctors say that everyone dreams, but while some people are good at remembering their dreams, others simply forget them.

3. People do not need the same amount of sleep. Some people get enough rest with only four or five hours of sleep a night, and others may require twelve hours of sleep. That is, they may need a twelve-hour sleep. Why do you need to sleep? Is it bad for you if you don't sleep for some time? Doctors say you won't be sick, but you will be sleepy and tired the next day.

4. Some people worry a lot about sleep. Americans, especially, spend at least 25 million dollars a year on sleeping pills. However, doctors say this is a bad idea. After you use sleeping pills for about 14 days, they don't help you anymore. Some sleeping pills won't let you go into sleep stage four; others won't let you go into REM sleep. Therefore, you can't get a good night's sleep with sleeping pills. So, what can you do if you have a sleeping problem? Take a warm shower before you go to bed. Don't drink coffee or eat a lot before bedtime. Drink a glass of warm milk. Finally, do not think about your problems in bed.
A. What do the following refer to? (10 pts. each; 20 pts.)
   1. it (para. 2) : ____________________
   2. this (para. 4) : ____________________

B. Find the word in the text which means the following. DO NOT change the form of the word and write ONE WORD ONLY. (10 pts.)
   1. subject (n) (para. 2) : ____________________

C. Mark the following statements True (T) or False (F). (10 pts. each; 50 pts.)
   T F 1. Nothing happens when people sleep.
   T F 2. The first two stages of sleep are lighter than the others.
   T F 3. Dreams take place during the 5th stage of sleep.
   T F 4. Not having enough sleep always makes you sick.
   T F 5. It seems that not sleeping is a serious problem in the U.S.A.

D. Mark the best choice. (10 pts. each; 20 pts.)
   1. The main purpose of the writer is to _________________.
      a) give information about sleep
      b) criticize the people who use sleeping pills
      c) persuade people to use sleeping pills
      d) explain the negative effects of sleep

   2. The writer believes that _________________.
      a) sleeping is not a very serious problem for many people
      b) a sleeping problem requires immediate medical help
      c) a sleeping problem can be solved by following simple suggestions
      d) sleeping pills can help you for a long period of time

GOOD LUCK!
😊
INTERMEDIATE GROUP
ANSWER KEY

A.
1. (your) heart
2. using/taking/buying/spending money on sleeping pills

B.
1. issue

C.
1. F
2. T
3. T
4. F
5. T

D.
1. a
2. c