



Name:

Class: Group:.....

Do we really need sleep?

Tonight between eleven o'clock and one o'clock millions of people will start yawning. Very soon, they will get undressed, lie down, and close their eyes. A few minutes later, they will be asleep.

Sleep is a powerful influence on all our lives, and a sixty year old person has spent almost twenty years asleep. The traditional theory about sleep is our brain needs to rest for several hours to refresh itself and to file in our memory everything that has happened to us during the day. We can put off sleeping for a limited period. For instance, if we go to an all-night party, but sooner or later we have to sleep. If we are not allowed to sleep, we suffer hallucinations, and eventually die.

However Ray Meddis, a scientist at the Sleep Research Unit at Loughborough University, has a fascinating new theory. He suggests that we don't really need to sleep at all. We sleep only because our brain is programmed to make us do so.

He believes that the sleep instinct originates from prehistoric times ; primitive man was programmed to sleep to protect himself from the darkness with its many dangers. Animals appear to have been similarly programmed. The number of hours that they sleep does not depend on physical activity, but on how much time they need to eat. Horses, cows, sheep and elephants for example, which spend many hours eating, sleep only 2-3 hours. Cats, on the other hand, who have a lot of spare time, sleep for 14 hours a day, more than half of their lives.

According to Meddis, The tiredness we feel at the end of the day is produced by a chemical mechanism in the brain which makes us sleep. We are programmed to feel tired or sleepy at midnight, even if we have spent the relaxing on the beach or doing nothing. Dr. Meddis believes that the unpleasant symptoms we suffer when we don't sleep enough are not because we have not rested, but because we have disobeyed our brain's programming. The longer we don't sleep, the worse we feel. But Dr. Meddis believes that if scientists could locate and turn off the sleep mechanism in our brain that produces tiredness, we could live completely normal and healthy lives without sleeping.

So is sleeping a waste of time? Well even Dr. Meddis does not deny the great psychological value of sleep, and he asks us, if scientists invented a pill which, if you took it, would keep you awake forever, would you take it?

I – COMPREHENSION (14 POINTS)

Base your answers on the text.

A. Are these sentences true or false? justify

4 points

- 1- A retired person sleeps a third of his life.

.....
.....

- 2- According to Dr. Meddis sleep is necessary for the brain.

.....
.....

- 3- If we spend the whole day resting we won't feel tired.

.....
.....

- 4- The time you spend sleeping is a wasted time.

.....
.....

B. Answer these questions.

4 points

1. What is the impact of lack of sleep on people?

.....
.....

2. Why did the prehistoric man sleep according to Ray Meddis?

.....
.....

3. Why do some animals sleep much less than others?

.....
.....

4. What makes people feel tired according to Ray Meddis?

.....
.....

C. Complete these sentences.

3 Points

1. The traditional view is that we sleep because.....

.....

2. An all-night party is an occasion for people to

.....

- 3- We wouldn't need sleep if scientists.....

.....

D. What do the underlined words in the text refer to?

4 Points

1. Their (paragraph 1).....

2. Itself (paragraph 2).....

3. They (paragraph 4).....

4. It (paragraph 6)

II- LANGUAGE:

15pts

1- Use the words in capitals at the end of each sentence to make words which fit in the spaces.

4pts

1. Our local gymnasium is with all the latest exercise machines. **EQUIP**
2. How many are held in your school ? **COMPETE**
3. The weather was so nice on the beach that the kite was completely **CONTROL**
4. My tennis is an Olympic gold medal winner. **INSTRUCT**

2- Circle the correct words:

3pts

1. The bottom of my blouse has started to **fry / fray**
2. There are only three golf **course / field** in my country.
3. Are you coming to the skating **rink/ track** .

3-Complete the sentences with the right preposition:

4pts

1. This kind of cheese is made the goat's milk.
2. Did you know the first kite were invented the Chinese.
3. My dad has bought me a new bike made lightweight metal.
4. The showroom was filled thousands of exhibits.

4-Rewrite the following sentences using the passive voice.

4pts

- 1 -You have to send them all the information by tonight.

All the information.....

- 2 -Our teacher is giving us a test tomorrow on the importance of the internet.

We.....

- 3 -Anna hates people telling her what to wear.

Anna hates.....

- 4-The thieves might have stolen your car.

Your car.....

10 Pts

◆ You are a keen sportsperson and you have seen the following advertisement. Using the notes, write a letter asking for more information. (160-180 words)

A black and white photograph of a woman in a swimsuit sitting on a beach, leaning back on her hands. The image is framed with rounded corners and has a grainy, high-contrast appearance.

The *Safety in Sport* team are organising a one month summer sports camp for all young people interested in sport. You can learn how to play your favourite sport well, how to train, how to improve your performance and how to play safely.

Tim Cronan, Director, *Safety in Sport* Head Office,
38 Park Street, Duncton.

Is my sport included?
Group or individual training?