

## Integrated Skills in English I

Time allowed: 2 hours

This exam paper has four tasks. Complete all tasks.

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### Task 1 – Long reading

Read the following text about sleep and answer the 15 questions on page 3.

#### Paragraph 1

Sleep is essential for human life. We can actually live longer without food than without sleep. Most people spend about a third of their life sleeping. That means during our life we will spend about twenty-five years asleep. While the average person sleeps about seven hours a night, some people can manage with as little as four hours. We don't all need the same amount of sleep.

#### Paragraph 2

So what happens when we are asleep? There are five stages in a cycle of sleep. Each cycle lasts about 90 minutes and we often repeat this cycle five times a night. In the first two stages, we fall into a light sleep. In stages three and four, we are in a deep sleep and our heart rate and breathing slows down. In stage five, our brain becomes active and our eyes move around quickly. This stage of sleep is called REM, which stands for rapid eye movement. It is during REM sleep that we do all our dreaming.

#### Paragraph 3

We all know that sleep is good for us, but what are the benefits? One benefit is that it helps us to resist illness. Without enough sleep, our body cannot fight off colds and the flu as easily. Your sleep pattern can also affect your diet. Researchers at the University of Chicago discovered that poor sleep increased a hormone in the body that makes us hungry. This means that people who sleep badly often eat more high calorie foods and gain more weight.

#### Paragraph 4

Sleep also plays a part in our performance at school and at work. A number of reports have shown that children who get a good night's sleep do better in school. Obviously, one reason for this is that if you are very tired you cannot focus. However, there is another important reason. Scientists believe that sleep is important for our memory. While we are asleep our brain deals with information we have learnt and sleep helps strengthen our memories.

#### Paragraph 5

Another essential part of sleep to understand is our circadian rhythm, or 'body clock'. This is our body's natural rhythm of sleep. Generally, our body clock tells us to sleep when it is dark and wake when it is light. However, studies now suggest that young people's body clocks change when they become teenagers. Some scientists believe that teenagers are not lazy, but biologically programmed to go to bed later and wake up later.

**Questions 1-5 (one mark per question)**

The text on page 2 has five paragraphs (1-5). Choose the best title for each paragraph from A-F below and write the letter (A-F) on the lines below. There is one title you don't need.

- 1. Paragraph 1 .....
- 2. Paragraph 2 .....
- 3. Paragraph 3 .....
- 4. Paragraph 4 .....
- 5. Paragraph 5 .....

- A The reason we dream
- B Changes in sleep routine
- C Sleep and learning
- D How much we sleep
- E Different types of sleep
- F Sleep and good health

**Questions 6-10 (one mark per question)**

Choose the five statements from A-H below that are TRUE according to the information given in the text on page 2. Write the letters of the TRUE statements on the lines below (in any order).

- 6. ....
- 7. ....
- 8. ....
- 9. ....
- 10. ....

- A Everyone's need for sleep is different.
- B We are usually in a deep sleep for about seven hours.
- C We dream during stage five of the sleep cycle.
- D You sleep more when you have a cold.
- E People who sleep badly often have poor diets.
- F It is important to sleep well after you learn something.
- G Our body clock generally follows changes in light.
- H Teenagers don't get tired very easily.

**Questions 11-15 (one mark per question)**

Complete sentences 11-15 with a word, phrase or number from the text (maximum three words). Write the word, phrase or number on the lines below.

- 11. During a lifetime, the average person will be asleep for .....
- 12. Your ..... and heart rate get slower in deep sleep.
- 13. A poor ..... can cause you to eat more high calorie foods.
- 14. Our ..... get stronger when we're sleeping.
- 15. Teenagers' body clocks are different and so they need to go to bed and wake up ..... than young children.