

UNIT TEST 8

SECTION A: GRAMMAR

1 Complete the text with the correct form of the verbs in brackets.

Improving sleep patterns

Most of us enjoy ¹_____ (sleep), but many of us often don't get enough sleep and this can lead to poor health and depression. Experts may disagree on how much sleep we need ²_____ (get), but they all agree that we should have a routine for going to bed. So if you want ³_____ (improve) the quality of your sleep, try some of these tips.

- We need time to unwind, so it helps ⁴_____ (take) a warm bath before going to bed.
- Think about ⁵_____ (wear) socks in bed because cold feet, the part of the body with the worst circulation, can stop us ⁶_____ (sleep) well.
- Keep ⁷_____ (exercise) regularly during the day and move around as much as possible.
- Most people seem ⁸_____ (forget) that old mattresses can also cause poor sleep patterns, so experts recommended that mattresses are changed every ten years.
- Stress and worry can also make it difficult to sleep, so if you manage ⁹_____ (reduce) your stress levels, then you will sleep better.
- Avoid having caffeine and alcohol close to bedtime as they will stop you ¹⁰_____ (sleep) well.

___/10

2 Complete the conversation with the correct form of *going to* and the verbs in brackets.

- A: ¹_____ (you / stay) at your friend's tonight?
 B: Yes, I am, but I ²_____ (not sleep) very well.
 A: Why ³_____ (you / not sleep) well?
 B: Because they live by a busy road and the traffic always keeps me awake!
 A: Come to my house this afternoon.
 B: Why?
 A: I ⁴_____ (give) you something to help.
 B: Thanks. I wonder what it ⁵_____ (be).
 A: Wait till this afternoon!

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SECTION B: VOCABULARY

3 Complete the sentences with an adjective formed from the word in capitals.

- Jennifer wasn't _____ in going to the sleep research centre. **INTEREST**
- She thinks it's _____ to have people studying her while she's sleeping. **EMBARRASS**
- She went to a talk about sleep, but she thought it was very _____. **BORE**
- Her friend Sophie went to the centre when she was very _____. **DEPRESS**
- Sophie thinks it's _____ to find out about sleep. **FASCINATE**
- She says that the scientists have made _____ progress understanding how the brain works during sleep. **AMAZE**
- They were _____ by her news. **SURPRISE**
- At one time she was very _____ that she would lose the job. **FRIGHTEN**

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4 Choose the correct words to complete the text.

Johnny often talks ¹ *of / in / at* his sleep and sometimes it can be very funny to listen to him. As a child, he had a lot of ² *nightmares / insomnia / dozes*, which woke him up. It doesn't happen anymore, but sometimes he still has ³ *sleepless / heavy / darkness* nights, when he doesn't sleep at all. And if he doesn't sleep well, he ⁴ *falls / drops / goes* asleep at work, which is a problem. Johnny is also a very light ⁵ *sleep / sleeper / sleepiness*, waking up at the slightest sound, so he ⁶ *falls / goes / feels* sleepy every day. At the weekends he often sleeps ⁷ *in / long / through* and doesn't get up until midday or even later.

___/7

SECTION C: INTEGRATED SKILLS

5 Read the texts and answer the questions.

Sleep clinics

A

The Apsley Clinic offers first class help for people with a number of sleep problems. It uses different ways to find the cause of the problem and then prepares an individual plan for it. Come in anytime for a free initial appointment with one of our experts.

B

The Sweet Dreams Clinic offers specialist tests to discover what is causing the sleep problem. We observe people for several nights in our own laboratories to find out what their sleep patterns are. We use special equipment to check brain activity, breathing and oxygen levels. Once this has been done, we send people to the most suitable specialist. Phone now for an appointment.

C

The Pensive Clinic is a private clinic that specialises in sleep disorders. Contact us for an initial appointment with one of our experts. After the first consultation, we carry out sleep tests in your own home. This helps to reduce stress levels, which often increase when these tests are done in a laboratory.

D

Happy Nights Centre provides a valuable service to people who are unable to get a good night's sleep. Make an appointment now for your first assessment to discover what may be causing your sleeplessness and meet other people who have the same problem.

Which text, A, B, C or D, is about a clinic that

- 1 can assess people away from the clinic? _____
- 2 does not charge for the first appointment? _____
- 3 brings together people with similar problems? _____
- 4 checks the way people breathe while they are asleep? _____
- 5 does not require advance booking? _____

/5

6 Complete the text with the words in the box.

at that moment before long then at first
after some time

¹ _____ we thought it was a good idea to go camping in the African bush, but we forgot that darkness comes very quickly on the Equator. We found ourselves alone in the bush, trying to put up our tent. ² _____, we succeeded in putting it up.
³ _____, suddenly, the roar of a lion exploded all around us and we stood absolutely still waiting for the next sound. ⁴ _____, the air around us was filled with the roars of more than one lion. We were terrified, but they didn't sound close and we began to relax. Unfortunately, ⁵ _____ there was a rustling noise in the bushes behind us and we froze, waiting for the great beast to attack us.

/5

Total: /40