



DEVOIR D'ANGLAIS

Power Napping Is Good for the I.Q.

4 Today we hear more and more about the importance of getting enough sleep - about eight hours a night. Sleep can help heal and give energy to both the body and the brain. Medical experts now believe that sleep is even more important for health than diet or exercise. It seems almost certain that the third of our lives that we spend asleep has a great effect on the two-thirds that we are awake. Sleep affects our emotions, memory, focus, 5 and behaviour.

Studies show that people in developed countries spend less time asleep and more time at work or commuting. Dr. Karine Spiegel, at the University of Chicago, has found that the average length of sleep has gone down, from nine hours a night in 1910 to seven-and-a-half hours a night today. However, our bodies cannot function well without enough sleep. Losing just one or two hours of sleep a night, over a long period of time, can cause serious 10 health problems.

According to Canadian scientist Dr. Stanley Coren, every hour of lost sleep at night causes us to lose one *I.Q. point the next day. For example, when someone gets only five or six hours of sleep each night for a week, the person's I.Q. could go down to 15 points or more. That's why, without enough sleep, a normally intelligent person may start to have difficulty doing daily tasks.

15 Most sleep experts say that humans need at least eight hours sleep every day, but it should be in two stages : a long sleep at night and a shorter nap in the afternoon. Some companies help their employees follow this advice. They allow them to "power nap" in the afternoon, if only for 20 minutes. They say this makes the workers much more efficient.

To study sleep deprivation (not getting enough sleep), scientists use a test called the Multiple Sleep Latency 20 Test (MSLT). During the test, a person stays in a darkened, quiet room during the daytime. Scientists believe that a sleep-deprived person will fall asleep quickly. If it takes ten minutes or longer to fall asleep, the person is probably getting enough sleep.

Scientists have also found that the time of year seems to affect how much sleep we need. People usually sleep longer in the winter, sometimes as much as 14 hours a night. However, in the summer, people sometimes sleep 25 as little as six hours, without having any problems.

*I.Q. (intelligence quotient) : a person's level of intelligence that is measured by certain tests.

ANSWER SHEET

Name :

2nd

Grade :/ 20

PART ONE : COMPREHENSION 8 pts

A. Vocabulary in context. Find the synonyms of the following from the text. The paragraph is indicated. 2 pts

- | | |
|---|----------------------------------|
| 1. food and drink <i>P1</i> | 6. concentration <i>P1</i> |
| 2. sport <i>P1</i> | 7. comportment <i>P1</i> |
| 3. duration <i>P2</i> | 8. permit <i>P4</i> |
| 4. productive <i>P4</i> | 9. silent <i>P5</i> |
| 5. steps <i>P4</i> <i>...stages....</i> (example) | |

B. True or False statements. Justify your answers quoting the appropriate line(s). 3 pts

- Medical experts think that sleep is important for health. *...True....lines 2 – 3 (example)*
- Sleep does not influence emotions and attitudes.
- People sleep more today than they used to in the past.
- Taking a siesta at work is not good for the workers according to sleep experts.
- According to experts, people should have six hours of sleep a day.
- People sleep longer during winter.
- Taking longer to sleep during MSLT means that you have sufficient sleep.

C. Choose only six (6) of the words on the list and complete the summary of the reading text. 3 pts
(better – diet – employees – naps – sleep – less – tests – eight – managers)

.....is very important for our health, but nowadays people are sleeping
Than they used to. Scientists recommend that people sleep at leasthours every day, but
not all at one time. Because scientists have found that sleep helps people do their daily tasks,
some companies allowto takeat work.

PART TWO : LANGUAGE 6 pts

A. Complete with one of the following (used to – no longer – any longer – didn't use to – use to). 3 pts

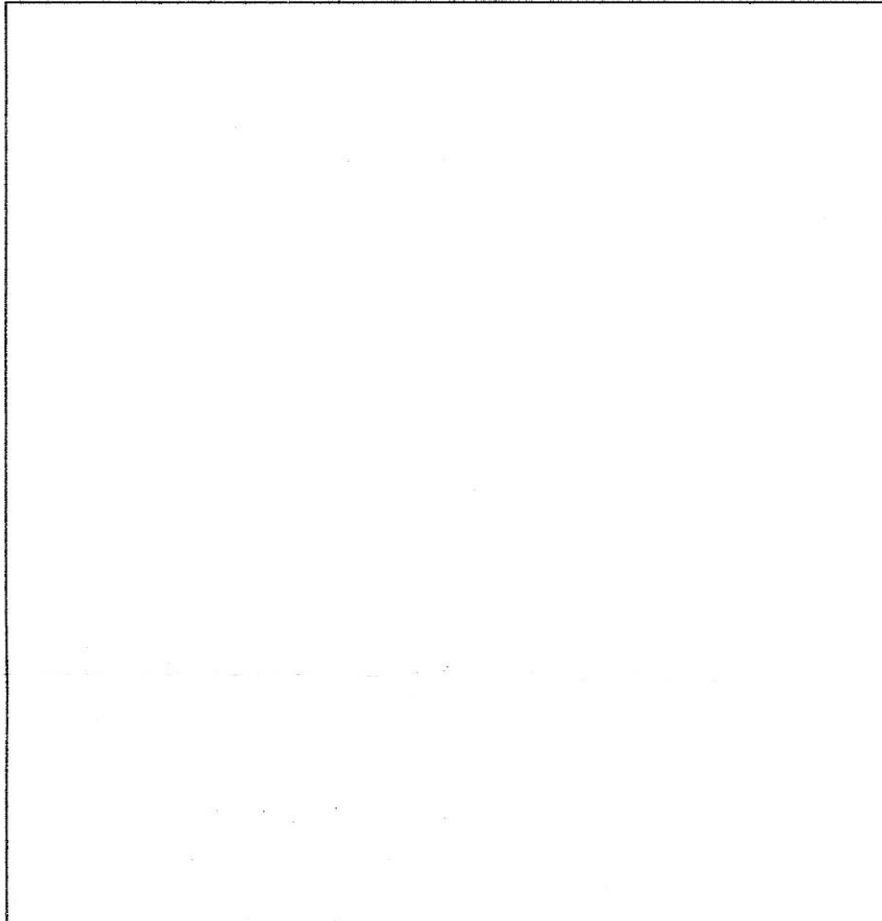
- Centuries ago, peopletravel on animals' back.
- Billsmokes. He stopped a few months ago.
- Did youplay marbles in primary school ?
- Hectorspeak Chinese. He has never learned this language.
- Paulbe good at playing tennis but he doesn't play

B. Chose the right option and complete. 3 pts

- Waterat 100 degrees. (*boils – is boiling – boiled*)
- People speak Wolof in Senegal, ? (*do they – don't they – aren't they*)
- We have been learning EnglishSeptember 2013. (*since – for – during*)
- Listen ! Someonemusic in your room. (*plays – is playing – was playing*)
-is your cousin ? Paul or Frank ? (*Whose – Who – Which*)
- Tellnot to feed the animals. (*they – them – theirs*)

PART THREE : WRITING 6 pts

Write a paragraph in which you describe your sleeping habits and say if you are satisfied or not. Mention how much sleep you have. The moments you sleep. Describe how your sleep impacts your schoolwork or your health.

A large, empty rectangular box with a thin black border, intended for the student to write their paragraph. It occupies the central portion of the page below the instructions.