

Q1: Read the texts and answer the questions:**(14 marks)****(A)**

Stage 5 is called the REM (Rapid Eye Movement) stage. Although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage. Our heartbeat and breathing become faster, and this is when dreams are most frequent. This stage makes up about 20% to 25% of a young adult's sleeping time.

1-What is meant by REM?

2- What happens to our eyes during this stage?

3- How much does this stage make up of our sleeping time?

4-Find a word from the text which means "Fast"

(B)

Sleep is an essential part of life. Although we think of sleep as a time when we rest completely, it's actually a very busy period for the brain. Scientists claim that sleep is the time when information is sorted and stored by the brain. Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

1- Find a word from the text which means "Necessary and important".

2- Why is sleep important?

3- What happens to information while sleeping?

Q2: Fill in the blanks with the correct words from the box, (5 marks)
one word isn't needed:

monitored – grateful – apnea – inability – snores – confident

- 1- The lady was _____ to the hospital staff after she had given a birth.
- 2- I can't sleep well at night, because my brother _____ loudly.
- 3- The nurse _____ the patient's oxygen levels all night.
- 4- My son is always _____. He takes decisions without hesitation.
- 5- _____ could prevent you to sleep properly at night, because of the lack of oxygen.

Q3: Choose the correct alternative from the given choices. (10 marks)

- 1- I would stay at home if you _____ there.
a) stay b) stayed c) had stayed
- 2- Scientists _____ already _____ five sleep stages.
a) are/identifying b) will/identify c) have/identified
- 3- Cars _____ always _____ by the mechanic.
a) are/repared b) are/repairing c) will/repair
- 4- Are you available tonight? How about _____ to the mall.
a) go b) going c) will go
- 5- _____ you ever _____ to Europe on a tour?
a) are/being b) will/be c) have/been

Q4: What advice would you give to three people who have these problems?

(6 marks)

1- Mariam spends many hours a day using the computer. Her eyes get red.

2- Jamal has a mid-term exam, and he hasn't started his study yet.

3- Your brother stuck in the traffic jam, and he couldn't park his car.

Q5: Write a paragraph talking about a dream that you once had. (5 marks)

Best Wishes

Answers

Question 1:

(A)

- 1- REM refers to (Rapid Eye Movement)
 - 2- Our eyes are moving very quickly beneath our eyelids during this stage.
 - 3- This stage makes up about 20% to 25% of a young adult's sleeping time.
 - 4- Fast means "quickly"
-

(B)

- 1- Essential
 - 2- Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.
 - 3- information is sorted and stored by the brain during sleep.
-

Question 2:

- 1- grateful 2- snores 3- monitored 4 - confident 5- apnea

Question 3:

1- b) stayed
4- b) going

2- c) have/identified
5- c) have/been

3- a) are/repared

Question 4:

- 1- I would spend few hours on computer if I were you.
2- If I were you, I would start studying and wouldn't lose any minute.
3- You should ask someone to park your car to stop the traffic jam.

Question 5:

Student's own answer

منصة أساس التعليمية