

READING

QUESTION ONE: Read the text and answer the questions below:

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.

Scientists have already identified five sleep stages by studying brainwaves. Stage 1 is when we begin to fall asleep. The brain tells the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adult's sleeping time. Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about 44% to 55% of a young adult's sleeping time.

Stages 3 and 4 are when we sleep most soundly. Now the brainwaves and heartbeat are at their slowest and our muscles become very relaxed. We might have some dreams in this stage, which makes up about 15% to 23% of a young adult's sleeping time.

1. What do scientists claim about sleep?

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2. Sleep has two benefits for our bodies. Mention them

.....

3. How have scientists identified the five sleep stages?

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4. In which sleep stage do most of people see dreams?

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5. What are the features of stages 3 and 4?

.....

6. Find a word in the text that means the same as "deeply and peacefully"

.....

7. What does the underlined word "their" refer to?

.....

QUESTION TWO : Choose the suitable item from those given in the box to complete each of the following sentences

snore ,grateful , procession , confident , insomnia , cherish

1. Many people around the world suffer from
2. I felt very on the day of the exam because I had studied very hard.
3. If you go to Aqaba you'll your memories with its clear blue sky and perfect beaches.
4. the festival will include a of camels and elephants
5. I can't sleep well because my brother very loudly

QUESTION THREE: Write the correct form of the verbs in brackets

1. I already my homework. (do)
2. English fluently by Sami. (speak)
3. If Jeff enough time, he would look the word up in a dictionary. (have)
4. the waiter the coffee now. (taste)
5. I in three companies since 2010. (work)
6. The exams by the teacher today. (correct)

QUESTION FOUR: Write a short paragraph about a dream you have had

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Answers

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Scientists have already identified five sleep stages by studying brainwaves. Stage 1 is when we begin to fall asleep. The brain tells the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adult's sleeping time. Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about 44% to 55% of a young adult's sleeping time.

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1. What do scientists claim about sleep?

Scientists claim that sleep is the time when information is sorted and stored by the brain

2. Sleep has two benefits for our bodies. Mention them

Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

3. How have scientists identified the five sleep stages?

They identified them by studying brainwaves.

4. In which sleep stage do most of people see dreams?

In stages 3 and 4

5. What are the features of stages 3 and 4?

We sleep most soundly. the brainwaves and the heartbeat are at their slowest and the muscles become very relaxed.

6. Find a word in the text that means the same as "deeply and peacefully"

Soundly

7. What does the underlined word "their" refer to?

brainwaves and heartbeat

QUESTION TWO : Choose the suitable item from those given in the box to complete each of the following sentences

snores ,grateful , procession , confident , insomnia , cherish

1. Many people around the world suffer from **insomnia**....
2. I felt very **confident**.... on the day of the exam because I had studied very hard.
3. If you go to Aqaba you'll **cherish**..... your memories with its clear blue sky and perfect beaches.
4. the festival will include a **procession**..... of camels and elephants
5. I can't sleep well because my brother **snores**..... very loudly

QUESTION THREE: Write the correct form of the verbs in brackets

1. I **have**..... already **done**..... my homework. (do)
2. English **is spoken**..... fluently by Sami. (speak)
3. If Jeff **had**..... enough time, he would look the word up in a dictionary. (have)
4. the waiter **tastes**..... the coffee now. (taste)
5. I **have worked**..... in three companies since 2010. (work)
6. The exams **are corrected**..... by the teacher today. (correct)

QUESTION FOUR: Write a short paragraph about a dream you have had

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