



READING

1. You are going to read four reviews of books about sleep and dreams. For questions 1 - 10, choose from the reviews (A–D). The reviews may be chosen more than once.

A Sleepfaring

Why do we sleep? Are we sleeping enough? How can we tackle sleep problems? Jim Horne finds answers to these questions and many more in *Sleepfaring*, a journey through the science and the secrets of sleep. He reveals what goes on in our brains during sleep, and also gives some hints from the latest sleep research that may just help you get a better night's rest. In recent years, understanding sleep has become increasingly important, as people work longer hours, styles of working have altered, and the separation between workplace and home is being reduced by cell phones and the internet. Horne draws on the latest research to reveal what science has discovered about sleep. Nor does Horne avoid controversial topics; challenging, for example, the conventional wisdom on the amount of sleep we actually need. For anyone wishing to know more about the many mysterious processes that begin when we close our eyes each night, *Sleepfaring* offers a wealth of insight and information.

B Dreaming

What is dreaming? Why are dreams so strange and why are they so hard to remember? In this fascinating book, Harvard researcher Allan Hobson offers an intriguing look at our nightly journey through the world of dreams. He describes how the theory of dreaming has advanced dramatically. We have learned that, in dreaming, some areas of the brain are very active – the visual and auditory centres, for instance – while others are completely shut down, including the centres for self-awareness, logic, and memory. Thus we can have visually vivid dreams, but be utterly unaware that the sequence of events or localities may be bizarre and, quite often, impossible. And because the memory centre is inactive, we don't remember the dream at all, unless we wake up while it is in progress. With special boxed features that highlight intriguing questions – Do we dream in colour? (yes). Do animals dream? (probably) – *Dreaming* offers a cutting-edge account of the most mysterious area of our mental life.

C Counting Sheep

Even though we will devote a third of our lives to sleep, we still know remarkably little about its origins and purpose. Does getting up early really benefit us? Can some people really exist on just a few hours' sleep a night? Does everybody dream? Do fish dream? How did people cope before alarm clocks and caffeine? And is anybody getting enough sleep? Paul Martin's *Counting Sheep* answers these questions and more in this illuminating work of popular science. Even the wonders of yawning are explained in full. To sleep, to dream: *Counting Sheep* reflects the centrality of these activities to our lives and can help readers respect, understand, and appreciate that delicious time when they're lost to the world.

D Dreamland

Reporter Randall provides a brisk tour of sleep research and what it means for individuals hoping to feel well rested. The author engaged with sleep research in part because of his sleepwalking. Researching the world of sleep is obviously difficult because sleeping subjects selected for studies rarely remember anything specific. Nonetheless, Randall interviewed sleep researchers and read academic papers to learn what he could from those who devote their careers to the science of sleep. The book is not a continuous narrative but rather a loose progression of chapters about different sleep-related issues. For example, Randall explains how the invention of electricity led to countless cases of sleep deprivation; the lack of utter darkness after sunset is often the enemy of sound sleep. He also emphasises the too-often neglected common-sense realisation that sleep is no void; rather, it is perhaps one third of the puzzle of living well.

Which review...

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|---|--|
| 1. emphasises how enjoyable sleep is? _____ | 7. says the book shows that major developments have occurred in a field? _____ |
| 2. says certain aspects of our lives are becoming less distinct from one another? _____ | 8. says the writer deals with issues that cause debate? _____ |
| 3. points out that many people share a mistaken belief? _____ | 9. comments that our lack of knowledge regarding sleep is surprising? _____ |
| 4. describes the structure of the book? _____ | 10. says the reader learns how a technological advance caused problems? _____ |
| 5. explains why we have certain experiences? _____ | |
| 6. mentions a practical problem faced by scientists? _____ | |

1. For questions 1 to 8, read the text below and decide which answer (A, B, C, D) best fits each gap.

New York City

New York City has (0) B into the second largest city in North America. It has long been a major business cultural and shopping centre (1) _____ millions of visitors each year. Most tourists stay in the (2) _____ of the city, Manhattan, where you can see the sights on foot or take a tour bus. In (3) _____ the main residential areas are on the (4) _____ of the city where, as in all large cities, some districts are quite in (5) _____ of repair. During your visit you may want to take a boat trip to Ellis Island, where you can stop for a (6) _____ to read about the history of immigration. Many tourists also visit Queens, which has some interesting art galleries, and Brooklyn for cafés, shops and (7) _____ nightlife. Finally, you will certainly want to visit Central Park, a huge open (8) _____ which is ideal for relaxing on a hot summer day.

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|----|-------------|----------------|-------------|---------------|
| 0. | A become | B grown | C increased | D extended |
| 1. | A appealing | B advancing | C arriving | D attracting |
| 2. | A heart | B interior | C focus | D root |
| 3. | A response | B practice | C contrast | D reality |
| 4. | A suburbs | B surroundings | C borders | D outskirts |
| 5. | A demand | B wish | C need | D requirement |
| 6. | A period | B while | C duration | D piece |
| 7. | A vivid | B cheerful | C bright | D lively |
| 8. | A extension | B region | C space | D estate |



2. For questions 1 to 12, read the text below and think of the word which best fits each gap. Use only **ONE WORD** in each gap.

EXAMPLE: 0. *something*

LEARNING A MUSICAL INSTRUMENT



Learning to play an instrument is **0** _____ that can give a lot of pleasure. It's also an achievement and a skill **1** _____ stays with you for life. Music has a part in everyone's life, and has been described **2** _____ a 'primary language'.

Learning to play an instrument isn't easy at the beginning **3** _____ takes effort and determination. And while there's nothing wrong with aiming **4** _____ the top, music definitely **5** _____ something to take up because you think you ought **6** _____ do it.

A lot of adults regret not **7** _____ learnt to play an instrument when they were younger. But it is never **8** _____ late to learn! And the advantages of learning an instrument are far greater than just the pleasure of producing a marvellous sound. When you've progressed far **9** _____, there are lots of amateur groups which you can join **10** _____ you want to be part of a larger group. Once you've reached a good enough standard to join a band or orchestra, you add the team skills like **11** _____ you get from playing sport. There's also a great social side to playing with others, as **12** _____ as the chance to travel through touring.

GRAMMAR AND USE OF ENGLISH

3. Choose the correct option for each sentence.

1. Our house is on a beautiful tree-lined _____.

- a. district b. junction c. avenue d. pavement

2. This apartment is so old and neglected, I'm surprised there aren't any _____ here.

- a. landlords b. squatters c. tenants d. lodgers

3. Are you a(n) _____ of the United States or are you here on a working visa?

- a. resident b. occupant c. inhabitant d. flatmate

4. I'm _____. I can't stand living in this neighbourhood anymore.

- a. hanging out b. moving into c. moving out d. settling down

5. Come on! Let's have a _____ and enjoy ourselves!

- a. talk of the town b. paint the town red c. ghost town d. night on the town

6. I really need to get _____ as I haven't had a holiday in over a year.

- a. in b. away c. out d. to

7. Some cities are very attractive while others are just _____ jungles.

- a. construction b. constant c. cement d. concrete

8. We really _____ the town red last night!

- a. painted b. coloured c. brushed d. covered

9. I've met people from all _____ of life. Everyone has an interesting story to tell.

- a. ways b. walks c. works d. footprints

10. Slow down, there's a speed _____ ahead and I don't want to pay a fine.

- a. bump b. camera c. limit d. meter



4. Complete the sentences with the correct tense (*present simple, present continuous, future forms and be going to*).

1. The train _____ (to arrive) at 12:30.
2. We _____ (to have) dinner at a seaside restaurant on Sunday.
3. It _____ (to snow) in Brighton tomorrow evening.
4. On Friday at 8 o'clock I _____ (to meet) my friend.
5. When they _____ (to get) married in March, they _____ (to be) together for six years.
6. You're carrying too much. I _____ (to open) the door for you.
7. Do you think the teacher _____ (to mark) our homework by Monday morning?
8. This summer, I _____ (to live) in Brighton for four years.
9. I don't think you _____ (to have) any problems when you land in Boston.
10. This time next week I _____ (ski) in Switzerland!

5. Use the word given in capitals at the end of each line to form a word that fits in the space in the same line.

The oldest house in Britain It was warm, round, had a (0) <u>fantastic</u> view of a lake and appears to have been occupied for several hundred years. Welcome to the oldest house in the UK, which was found with other fascinating relics (1) _____ at a site in North Yorkshire. These remains are transforming our (2) _____ of how Britain's earliest inhabitants lived. The structure was 3.5 metres in (3) _____ and was supported by a circle of wooden posts. Dark, decayed matter at the centre of the ruin suggests the possibility of a roof entirely made of grasses. (4) _____ of the remains by scientists revealed that the building stood in 8,500 BC. It was (5) _____ thought that people living in Britain at this time were nomadic with no fixed homes. But the (6) _____ of the oldest known house provides clear (7) _____ that some of these people built large permanent structures. Researchers of the site, however, are (8) _____ about how long the house will remain the 'oldest' in the UK, because new finds are being made all the time.	FANTASY NEAR KNOW WIDE INVESTIGATE ORIGIN DISCOVER EVIDENT SURE
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