AIOE – ADVANCED B (9-10)

NOME:

1 Complete the words. The first letter has been provided.

a) They got up early and went to the beach to watch the s_____ .

b) I'm exhausted! I woke up at the c_____ of d_____ and couldn't get back to sleep.

c) We could just about see the path in the t_____ , but it was starting to get dark.

d) In the m_____ of the n_____ , she awoke with a start. Someone was trying to get in.

e) The travelers had to stay indoors at n_____ , as it was the hottest time of the day.

f) Do you ever take a m_____ nap right before the children get home from school at 3:30 p.m.?

g) We'll work for a few hours this morning, and then take a m_____ coffee break.

h) At d_____ , the jungle comes alive, after the animals have been sleeping all day.

2 Complete the sentences with the words and phrases in the box. There are two extra.

all night long	call it a night	early night	nightcap	nightclub	nightlife
night on the town	overnight				

a) Would you like a _____ before you go to bed?

b) For her birthday, Paula and her friends went to a restaurant and then on to a _____ .

c) You've been studying _____ . When are you going to go to sleep?

d) Can I stay with you _____ next Monday? I have an early meeting in town on Tuesday.

e) Dave was getting tired, so he decided to _____ and head for home.

f) When we finish our last exam, let's have a _____ to celebrate.

LIVEWORKSHEETS

3 Select the correct alternative.

(1) **Try as I might, / Strange as it may seem, / Even so,** I just can't quit smoking. I've given up a total of seventeen times now. The most recent attempt lasted all of two days, eight hours, and fifty-five minutes. It was a record! (2) **However, / Although, / Even though,** my abstinence ended abruptly in a bar downtown. (3) **However, / Even though / Despite** I had managed to endure some very stressful meetings at work during this time without having to take a single cigarette break, I finally cracked during a night out with friends. It seems that, (4) **although / even though / in spite of** my best efforts, it is just impossible for me to socialize without a cigarette in my hand. I tried hard, (5) **strange as it may seem / yet / despite** it wasn't hard enough. And what's worse is, (6) **saying that, / strange as it may seem, / even though** for someone who can't quit, I don't even enjoy smoking anymore. It's disgusting. It's smelly. It's expensive. I know all that. I believe all that. I just can't seem to quit, (7) **though / although / saying that**.

4 Complete the sentences with the correct form of the verbs in parentheses.

a) I wish I _____ (study) art at college instead of economics. But economics it was.

b) If it _____ (not be) for Ella, we would have had a really fun weekend.

c) Mike later regretted _____ (not say) anything about Kirsty's problems.

d) If I _____ (know) about the initiative sooner, I would have installed solar panels in my roof.

e) I _____ (like) to have learned the piano when I was young. It's too late now!

f) If only you _____ (not try) to fix the lights yourself, we wouldn't be sitting here in the dark.

g) Joanne really regrets _____ (not visit) Australia when she had the chance.

h) Do you ever wonder _____ (happen) if you hadn't taken the train that night?

i) If it hadn't been for the weather, we _____ (walk) to the point.

LIVEWORKSHEETS

5 Complete the conversation with the phrases in the box. There are two extra phrases.

How about getting together some other time I'd really like to, but I'm afraid I can't
It would have been great That's really nice of you To tell the truth, I'm not a very big fan
Unfortunately, I have a prior engagement Why do you ask

Max: What are you doing tomorrow night?

Louise: Nothing special. (1) _____ ?

Max: Well, I've been given two tickets for the State Theater. Would you like to come?

Louise: (2) _____ , but if you're talking about that new play that's on there, I went to see it yesterday.

Max: Oh, that's a shame. Never mind. Who did you go with?

Louise: Mason. (3) _____ to see it with you, though.

Max: Really? (4) _____ ? What about Saturday night? We could go for a coffee in town.

Louise: (5) _____ make Saturday night.

Max: Oh, OK. Some other time, maybe …

Louise: Well, I'm free on Sunday …

Max: Great!

6 Read the text and select the best words to complete the sentences.

a) **A lowered immune system / Lack of sleep / Sleeping too much** can impair the brain's ability to function.

b) Some **mammals / birds / amphibians** don't need to sleep.

c) Stage two sleep **occurs every 90–110 minutes / doesn't last as long as stage one sleep / is the deepest sleep**.

d) During REM sleep, **the whole body is paralyzed / the brain rests and regenerates / we have dreams**.

e) The amount of sleep a person needs is influenced by **their body temperature / their body rhythms / their genetic make-up**.

We spend a third of our lives doing it. And if you don't get enough, your brain will suffer serious effects in its ability to function. Problems linked to a lack of it range from difficulties making decisions, impaired judgment, loss of memory, heart problems, lowered immune system, stress, and weight gain, although too much of it has also been linked to health problems. In scientific terms, it is characterized as a state of suspended sensory and motor activity, during which we are totally or partially unconscious. All mammals do it, and also all birds, many reptiles, amphibians, and fish. It is not only natural, but essential for survival. So, what is it? Sleep.

What actually happens when we sleep? Sleep occurs in recurring cycles of 90–110 minutes, and is further divided into two categories: non-REM and REM sleep. During the first stage of sleep, we're only half asleep.

LIVEWORKSHEETS

Our muscle activity slows, but we can wake up easily in this stage. Within ten minutes, stage two begins. This lasts around twenty minutes, and our breathing and heart rate slow down. Most of human sleep is made up of the stage two part of the cycle. Stages three and four are deep sleep. During stage three, our brain starts to produce delta waves; a type of wave pattern that is large and slow. Our breathing and heart rate slow down to their slowest levels. If we wake up during these stages, we have difficulty adjusting to our wakened state.

The first rapid eye movement (REM) sleep begins in stage two, around 70 to 90 minutes after we fall asleep. It is usual to have three to five REM episodes each night. During REM sleep, although we are not conscious, the brain is very active, sometimes even more so than when we are awake. We have most of our dreams during this period. Our eyes dart from side to side during REM (hence the name), and our breathing and heart rate speed up. However, we cannot move. Our bodies are effectively paralyzed, maybe as a way of preventing us acting out our dreams! Although scientists don't yet understand the full significance of REM sleep, it is thought it is particularly important for the
developing brain. Children and babies need more sleep than adults, and a newborn baby can spend as long as nine hours a day in REM sleep.

So, how much sleep do we need? Some people, such as Napoleon, famously needed very little sleep; maybe around four hours a night; but for most of us, between five and eleven hours is normal, with the average being around eight hours. The simple answer is that we require enough to prevent us from feeling sleepy during the daytime. Even animals need differing amounts of sleep, ranging from almost sixteen hours for a tiger, and just two hours for a giraffe. Our sleep rhythms are controlled by the circadian clock, the daily cycle of our body's changes. Towards the end of the day, we start to feel drowsy as our body releases the hormone melatonin and our body temperature slowly decreases. Each individual's circadian rhythm is genetic, so sleep patterns and sleep disorders can be inherited.

Pronunciation

[Track 17]

7 Write the stressed syllable in each word.

a) actually

b) ironically

c) basically

d) particularly

e) eventually

LIVEWORKSHEETS

[Track 18]

8 Listen to Rachel and Brandon talking about a time they stayed up all night. Are the sentences true (*T*) or false (*F*)?

a) Rachel was very committed to the election campaign. ___

b) Rachel was always confident that the election would be a success for her candidate. ___

c) Brandon and his family lived in a remote setting. ___

d) They didn't mind where their baby was born. ___

e) The midwife helped deliver the baby. ___

9 Complete the text with the words in the box. There are two extra words.

energy-efficient	locally grown	organic	solar-powered	sustainable	recycled
renewable					

One of the first steps we can take to cut our carbon footprint is to become a green consumer. Start by buying (1) _____ fruit and vegetables. This reduces transportation miles and supports local farmers. Another thing is to look out for (2) _____ produce. It's better for the environment, as the farming methods reduce pesticide residues in our food and don't harm wildlife, such as bees and insects. Switch your energy provider so you are buying electricity from a (3) _____ resource, such as wind or solar power. And if you need to buy a new household appliance, such as a refrigerator or washing machine, look for the latest (4) _____ models. When you buy new furniture, check it's made from wood from (5) _____ forests. These small things will all make a difference, and ensure that our shopping habits don't cost the Earth!

10 Select the correct phrases.

a) You should put your **foot in your mouth / feet up / foot down** for a while. You've been busy all morning.

b) Myra**'s getting cold feet / has itchy feet / hasn't put a foot wrong** about going on vacation with the Smiths.

c) It was a big letdown for Martin to discover that his new wife had **feet of clay / itchy feet / a foot in the door** after all.

d) You need to **wait on hand and foot / stand on your own two feet / put your foot down** and tell them you're not going to go to the meeting.

e) I think I really **put a foot wrong / put my foot in my mouth / shot myself in the foot** when I asked James about his new job. It was supposed to be a secret.

LIVEWORKSHEETS

11 Match the shoes (*a–e*) with the places (*1–5*).

a)	flip-flops	1) a ladies' night on the town
b)	sneakers	2) a beach
c)	stilettos	3) a tennis court
d)	slip-ons	4) home
e)	slippers	5) work

12 Rewrite the sentences using the passive form.

a) People have inhabited these caves for two thousand years.

_____

b) The wind is eroding the markings on the wall.

_____

c) Someone is going to open the gates at two o'clock.

_____

d) Someone must have opened the tomb before we got here.

_____

e) We had fermented the wine for nine months before we bottled it.

_____

_____

f) Julia should be writing this report, not you.

_____

13 Combine the pairs of sentences by using the passive form and a reduced passive clause.

a) In this valley, people have built dwellings. The people accessed them by ladders.

_____

b) Explorers discovered these ruins. William Webb led the exploration.

_____

c) People should see these beautiful paintings. The Egyptians created them.

_____

d) Experts are studying these amazing finds. They are hiding the finds in a secret location.

_____

LIVEWORKSHEETS

14 Select the correct alternative.

a) I think flat shoes are **considerably / just as / nowhere near** more comfortable than stilettos.

b) The weather forecast said it's going to be **way / slightly / by far** warmer tomorrow than it is today, but not a lot.

c) These are **way / rather / by far** the nicest shoes I own.

d) This report is **slightly / infinitely / just as** better than the last one; it's a great improvement.

e) This book is **nowhere near / infinitely / rather** as good as the one I read last year.

LIVEWORKSHEETS