



Student's name :

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Students Class:.....

Read the text quickly, record your reading time.

Dr. William Kohler, medical director of the Florida Sleep Institute:
Experts Answer:" Is lack of sleep bad for health?"

Start:.....
Finish:.....
Reading time:.....



"Sleep is necessary for us to function at our best, if we do not get an adequate amount of sleep each night, our performance and our functions are not going to be satisfactory. If we don't get a recommended amount of sleep, our mood is going to be more depressed, and we're not going to be as sharp cognitively. Our minds won't be as alert. In addition to that, with lack of sleep, there are long-term potential consequences and changes in our health; our **immune system** is not going to function, we're going to have a tendency to put on weight, etc. There are some fascinating studies that have been done where they follow children for a number of years, and ones with short sleep times were more likely to become obese than children who had sufficient sleep.

"There are various sleep problems that have significant health **morbidity** associated with them, like sleep apnea. Apnea is stoppage of air flow for more than 10 seconds at a time. Significant **apnea** can lead to heart attack, stroke, high blood pressure, depression, elevated cholesterol and elevated blood sugar. It's also bad because it causes one to wake up a lot, and decreases the **quantity** and **quality** of one's sleep. You're not getting enough hours of sleep if you're **tossing** and **turning** and you're **arousing** frequently, the quality of sleep and the restoration isn't going to be there."

Eng 217 2.2 The experts are wrong

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Read the text above and answer the questions accordingly :

1. The main idea in paragraph 1 is :

A) There are various sleep problems.

b) Sleep is necessary for us.

2. The main idea in paragraph 2 is :

A) There are various sleep problems.

b) Sleep is necessary for us.

Read the text again and put T or F.

- 1- Sleep is necessary for us to function at our best.
- 2- Sleep is as important to your health as diet and exercise.
- 3- Watching TV, using your computer, tablet or phone before bed can help you get a good night's sleep.
- 4- Sleep is an active process processing and calming our emotions .
- 5- It doesn't matter when you sleep, so long as you do sleep.

Match the highlighted words in the previous text with their definition

quantity quality immune system apnea morbidity turning arousing tossing

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| | rotating, move into a different position. |
| | to move about from one side to side. |
| | the system in your body that produces substances that help to fight against infection and disease. |
| | the standard of something when it is compared to other things like it; how good or bad something is. |
| | the amount or number of a material or abstract thing. |
| | a condition in which somebody stops breathing for a short time, especially while they are sleeping. |
| | State of being diseased. |
| | awaken (someone) from sleep. |