

YE3 – Final test

E. READING

Light and Sleep

Light makes you stay awake in the day. Before we had electricity, people went to bed when it got dark and got up at sunrise. Lights in our homes have changed our body clocks. We now have more light at night time and so people stay up later and sleep less than in the past. Don't forget that your TV and computer screen give light, too. So turn them off! When you use them just before bedtime, you don't fall asleep as quickly as you should – and you don't sleep as well.

1. Lights make you _____ in the day.
2. People went to bed when it got dark and got up at sunrise, before we had _____.
3. We now have more light at night time and so people _____ and sleep less than in the past.
4. When you use your TV and computer just before _____ you don't fall asleep as quickly as you should.
5. Lights in our homes have changed our _____.