



1. Listen to the speakers A-F and choose the sentence that describes the meaning of the spoken texts. One sentence is extra!

1. TV can ruin family life.
2. TV can teach a lot.
3. TV should be switched on and off in time.
4. TV can be a good friend.
5. TV may have a negative effect on learning.
6. TV has many functions.
7. TV should change in the future.

A	B	C	D	E	F

2-6. Choose the correct item.

2. Paul and I are going to _____ a seminar on Creative Writing.
3. He shouldn't try so hard to be different; we're all in the same _____.
4. The _____ in this company is highly-qualified.
5. To solve this problem you must use your common _____.
6. When his father retires, Harry will _____ the business.

7-16. Choose the best correct item.

7. _____ of the two buses went where Jan wanted to go.
8. The members of the group _____ had long hair and earrings.
9. This year's weather has been _____ worse than last year's.
10. Paula wasn't keen on _____ of the jobs she was offered.
11. Sorry, but there is _____ time left.
12. _____ Wednesday, Helen goes to the gym and does weight training.
13. The members of the team _____ received a certificate.
14. Harry said he was _____ interested in the job.
15. Oh no! A power failure is _____ we need!
16. Sorry, but _____ talking is allowed in this part of the library.

17-24. Choose the correct item.

17. Don't think that John has grown older in a day. He is wearing a _____ beard.
18. The monument was beautifully decorated with _____ flowers.
19. She disliked his words. It was clearly seen by her _____ smile.
20. We were scared by the sound at first but then the captain said that it was just a _____ alarm.
21. Many users of the PCs don't mind using _____ programmes.

22. The painting on the wall looked so great that we couldn't believe that it was _____.
23. The smell of the drink was astonishing due to the _____ flavours.
24. Marina hated sunbathing but her _____ tan always looked fantastic.

25-31. Read the texts and choose the correct answer to each question or the correct option.

Chronic Lack of Sleep Affects One in Three British Workers

One in three British workers suffers from poor sleep, research shows, with stress, computers and taking work home blamed for the lack of quality sleep. Some employees get fewer than five hours sleep a night, only one in seven feels completely refreshed when they wake and more women have poor shut-eye than men. The alarming findings emerged from a study of self-assessments completed by 38,784 staff working in the UK for firms such as telecoms firm, O2, drugs developer, Quintiles and medical technology manufacturer, Medtronic.

A third were dissatisfied with the amount and quality of their sleep, with 8.4% saying they were "very unhappy" with it, and another 24.4% describing themselves as "unhappy". When asked how they felt 30 minutes after getting up, only 15.5% said "refreshed". Of the others, 3.3% said they were "exhausted", 24% said "unrefreshed" and 57.2% were still "a little tired".

While experts say that everyone should ideally get seven to eight hours sleep a night, only 38.5% of the 38,784 respondents did so. More had between five and seven hours (45%), only a lucky 10% reported sleeping for eight to nine hours and one in 100 enjoyed more than nine hours.

When researchers combined those results to give each respondent an overall "sleep score" out of 100, some 33.8% got a mark of less than 30 — the lowest category. That means someone either has, or is at high risk of developing, a sleeping problem. "This research is telling us that a large number of working adults, one in three in the UK, has a sleeping problem," said Dr Tony Massey, medical director of Vielifit, the health and productivity firm that carried out the assessments between 2009 and 2011. "A very concerning number of British workers get too little sleep." Britain is near the top of an international league table for lack of sleep. A Vielifit study of 116,452 staff in America found that 23.4% scored poorly for sleep.

The extent of inadequate rest has prompted fears that many people are too tired to do their jobs properly, with some so sleep-deprived their brains are as confused as if they had consumed too much alcohol.

"Too few people practice sleep hygiene," said Massey. "That involves little things that people can do without professional help, like ensuring your room is dark and quiet, getting to bed at the same time every night — just like a two-year-old — reading a book, which is a proven relaxant, and not looking at bright screens, such as the TV or computer, for an hour before you go to bed as that will disturb your sleep."

The growing tendency for employees to do extra work in the evenings and at weekends, which may have risen in the recession, also seems to be linked to poor sleep. "More people are scrunching the golden hour before they go to sleep, and they are paying the price in that their sleep isn't refreshing and they end up in a *vicious cycle* of fatigue, poor productivity and then feeling that they have to do the same again the next day to compensate," said Massey.

The best guarantee of good quality shut-eye is to work five days a week and sleep seven to eight hours a night. Five-days-a-week staff had the best sleep score, while those getting seven to eight hours a night scored 72.7.

"These are very worrying findings because lack of sleep is a risk factor for a whole range of serious health problems, such as stroke and heart disease," said Massey.

25. Which of the following is mentioned among the reasons for poorer sleep?

- 1) Consumption of drugs.
- 2) Work done at home.
- 3) Work for telecom firms.
- 4) Lack of communication.

26. According to the research, just about _____ percent of people have the recommended number of sleeping hours.

- 1) thirty
- 2) forty
- 3) ten
- 4) twenty

27. Paragraph 4 stresses that _____

- 1) many people in Britain are unaware of sleeping disorders.
- 2) British workers get more sleep than American ones.
- 3) the "sleep score" in Britain is relatively low.
- 4) the number of Britons who don't get enough sleep is alarming.

28. The inadequate night-time rest of employees might result in _____

- 1) problems with alcohol.
- 2) inefficiency at work.
- 3) lack of job satisfaction.
- 4) brain damage.

29. What does «sleep hygiene» NOT involve?

- 1) A darkened room.
- 2) A relaxing book.
- 3) Regular bedtime.
- 4) Professional help.

30. The phrase «vicious cycle» in paragraph 7 means _____

- 1) a large amount of extra work.
- 2) a course of everyday events.
- 3) a sudden wave of tiredness.
- 4) a repetitive cycle of poor sleep consequences.

31. What, according to the article, is important for good quality sleep?

- 1) Absence of health problems.
- 2) Five to seven hours of night-time sleep.
- 3) A five-day working week.
- 4) Higher productivity at work.

32-36. Choose the correct response.

32. A: There seems to be a problem with my digital camera.

B: _____

Yes, of course.

But it looks OK.

Let me have a look at it.

33. A: Do you think you could give me a hand for a minute?

B: _____

It's ok.

Yes, of course.

Left or right?

34. A: Would it be possible to exchange it for another one?

B: _____

Let me see if we have one in stock.

Have you got the change?

OK, we'll have to send it away to be repaired.

35. A: The ENTER button on my laptop is broken.

B: _____

What's the problem?

I'm afraid we'll have to send it away to be repaired.

Press it again.

36. A: Would it be at all possible to get a replacement?

B: _____

Yes, just a moment, please.

Yes, I don't mind.

Only after a placement test.