For questions **75–80**, read the following text and then choose from the list **A–I** given below the best phrase to fill each of the spaces. **Indicate your answer on the separate answer sheet**. Each correct phrase may only be used once. **Some of the suggested answers do not fit at all**.

A Good Night

Sleeping less than six and a half hours a night is not good for you, warned the American National Sleep Foundation recently. With supreme irony, the warning came just as people in the US, in the interests of daylight saving, were about to put their clocks forward one hour, which always deprives them of some sleep. The Foundation's latest research shows that eight hours' sleep is optimal for good health. The problem is that these days, some people seem to regard sleep as slothful and unproductive, a view encouraged by innovations like the Internet, **(75)** .... , long after other sources of information are asleep. Actually, one could go further back in time and blame the invention of the light bulb, **(76)** .... . People slept on average nine hours a night before the arrival of electricity, **(77)** .... . For sleep is not equivalent to switching off your computer. In sleep important things still happen, things **(78)** .... . Sleep reduces the body's metabolic rate by up to 20 per cent, representing a great saving in energy, and the amount of oxygen **(79)** .... also falls dramatically, as does our body temperature to a lesser extent. And during sleep the body releases growth hormone, **(80)** ....

A which is clearly not enough for the average person
B which probably means they were a good deal happier
C which is why children need plenty of sleep
D which can even lead to major disasters
E which allows users unlimited access
F which we use in the first part of the night
G which we need in order to fall asleep
H which effectively eliminated darkness
I which are thought to be restorative and conserving