FURTHER PRACTICE 16

I. Choose the words that best complete the sentences in the text.

Sleeping disorders like insomnia can ..... (1) to be a worrying question for many of us. Almost anyone can easily conjure ..... (2) at least one sleepless night of ..... (3) and turning in bed awaiting the bliss of a deep dream. Most probably, a third of us ..... (4) the distressing experience at least once a week.

Even though it is possible for people to ..... (5) without any sleep at all for a certain period of time, such occurrences are rather few and far ..... (6) and there is no evidence to ..... (7) this assumption. What is sure, however, is the fact that we do need some sleep to regenerate our strength and to ..... (8) the brain to its proper activity. No wonder, then, that the tiredness and fatigue that appear after a sleepless night ..... (9) many of us to go for chemical support in the form of sleep ..... (10) tablets or powders.

However long the problem of sleeplessness has afflicted many individuals, very little has been ..... (11) in the question of its original causes. We are conscious that it usually ..... (12) those who are exposed to a great deal of stress, anxiety or depression. It may also be ..... (13) by overworking or unfavourable surroundings with scarcity of fresh air.

Sleeping pills may provide some relief and can act as an alternative in this desperate situation. Yet, they do little to combat the ailment in full. Consequently, our hopes should be ..... (14) on the medical authorities to ..... (15) the root cause of insomnia before we take to being nocturnals leading our noisy lives in the dead of night.

1. a) present	b) entail	c) realize	d) prove
2. a) up	b) about	c) off	d) out
3. a) rolling	b) wriggling	c) tossing	d) spinning
4. a) underpass	b) undergo	c) underlie	d) undertake
5. a) operate	b) process	c) function	d) perform
6. a) between	b) along	c) within	d) beyond
7. a) proclaim	b) endure	c) invalidate	d) substantiate
8. a) recuperate	b) restore	c) revive	d) resume

LIVEWORKSHEETS

9. a) exert	b) affect	c) enforce	d) compel
10. a) inducing	b) attaining	c) exacting	d) contributing
11. a) disparaged	b) retrieved	c) detected	d) originated
12. a) betrays	b) besets	c) bemoans	d) bestowes
13. a) engendered	b) applied	c) instigated	d) evolved
14. a) placed	b) ascribed	c) focused	d) attached
15. a) emerge	b) release	c) determine	d) confess

II. Put the words in the correct form.

1. If we hadn't ..... (ECONOMY) on food and water, we wouldn't have survived a single day in the cave.
2. The witness claimed she was capable of discovering the man's evil intentions from the ..... (MURDER) look in his eyes.
3. Jane's been granted a one year ..... (SCHOOL) at one of the most renowned universities in Europe.
4. Our father is a firm ..... (BELIEVE) in faith healing. He even tries to propagate it among his friends.
5. 'Have you got any ..... (GIVE) about the cooperation?' 'Oh no, I'm sure it will be successful.'
6. Andrew says the local library should be subsidized by the tax payers, but most of us disagree with his ..... (JUDGE).
7. It's most ..... (DESIRE) that all our employees should take a course in self-defence.
8. Mr Cramp couldn't find any ..... (APPLY) for the welding machine in his workshop and, finally, he sold it to his brother-in-law.
9. Everybody was surprised at his ..... (EXPECT) explosion of anger. Before, he had said he was satisfied with the outcome of the negotiations.
10. Since she retired she hasn't got much to do, and so she has taken up embroidering out of ..... (BORE) .
11. The police forces which arrived after a short while were completely ..... (POWER). They couldn't stop the mob from fighting by any means.
12. We were shown a rich ..... (VARY) of woolen sweaters in different colours and sizes.

LIVEWORKSHEETS

13. It's been expected that next month the government will receive a ..... (DEFINE) answer to their request for financial support from the European Union.
14. This film may only be watched by children under parental ..... (GUIDE).
15. Mr Parker's proposals met with a sharp ..... (REFUSE) from the other members of the Board.

III. Insert the correct prepositions.

AT	BEYOND	BY	FOR	FROM	IN	INTO	OF	ON	WITH

1. When the detective reached ..... his gun, the crowd stepped nervously back.
2. According to the guidebook, this region is notorious ..... floods and tornadoes.
3. The owners of huge companies are more likely to benefit ..... the new law than the small business entrepreneurs.
4. Beware ..... the heavy traffic in the centre of the city or else you'll waste at least two hours in the jams.
5. She said she had great faith ..... us. I think we'll have to do our best not to let her down.
6. It's not so easy to be patient ..... young pupils, especially if the only thing they speak about are video games.
7. I was tough. They had a hard time of persuading me ..... changing my mind about the weekend plans.
8. You'd better ask Tom about the girl. I can't tell you much as I only know her ..... sight.
9. We don't want anybody else to find out about our arrangements, do we? We must organize everything ..... secret.
10. He says he could do all the work ..... his own. But, I don't believe one person will ever be able to lift those heavy boxes.
11. The tanker had already been ..... sea for two weeks when it struck the iceberg.
12. Their design didn't vary much ..... ours. Consequently, the jury decied to reward them both.

LIVEWORKSHEETS

13. I'm afraid you'll have to buy a new hairdryer; this one is ..... repair.
14. During this month, we'll be concentrating ..... developing the basic skill of using the aqualung.
15. A brigade of well-trained commandoes participated in the action against the terrorists armed ..... machine guns and grenades.

IV. Rewrite the sentences using the given forms so that they retain their original meaning.

1. I have never read such an interesting article about space exploration. **(first time)**

   It .....

2. Mark doesn't like to be told what to do.

   Mark hates .....

3. Your will start to feel better as soon as you take this medicine.

   The moment .....

4. Haven't you ever had the idea that you could emigrate? **(occurred)**

   .....?

5. I doubt whether it will stop raining till afternoon.

   It is .....

6. I'm sure he recognized us at the airport.

   He must .....

7. The wind was so strong that we could hardly walk. **(such)**

   .....

8. Sorry, we haven't got any more free tickets.

   ..... **left.**

9. Mike doesn't use his tape recorder very often.

   Hardly ever .....

10. They haven't invited either Mr Hornby or his wife to the barbecue.

    Neither .....

LIVEWORKSHEETS

V. Choose the correct answer.

1. I was ..... to believe that she was a representative of the Labour Party.
   a) declared b) carried c) led d) explained
2. It has been kept ..... for about ten years that the minister's son committed a crime.
   a) unaware b) secret c) mystery d) obscure
3. One could see with the ..... eye that there was a lighthouse on the promontory.
   a) naked b) sole c) nude d) shut
4. These two items don't differ much. The ..... is even more apparent when you put them together.
   a) similarity b) likelihood c) coincidence d) analogy
5. Your rude behaviour was an ..... to the host and his wife. I don't think they will ever invite us to their home again.
   a) abuse b) insult c) injury d) aversion
6. For almost fifty years, the citizens of this country were ..... from travelling abroad unless they were politicians.
   a) suspended b) rejected c) averted d) forbidden
7. I wouldn't ..... their position in the market. They may appear to be very influential one day in the future.
   a) undertake b) underestimate c) underwrite d) undercharge
8. We can't admit a person who hasn't ..... the required number of points at the entrance examination.
   a) scored b) assessed c) settled d) qualified
9. ..... he delivers the report, it will be sent to the headquarters.
   a) On the point b) At once c) Immediately d) Soon enough
10. The most probable ..... for your chronic headache is lack of good rest.
    a) factor b) background c) origin d) reason
11. This cheese isn't fit for eating. It's ..... all over after lying in the bin for so long.
    a) rusty b) mouldy c) spoiled d) sour

LIVEWORKSHEETS

12. I cannot think of the correct answer. Could you drop me a small ....., please?

a) tip b) idea c) hint d) word

13. It was ..... time we went home after having spent the whole afternoo in the neighbour's garden.

a) only b) just c) near d) about

14. Why not ask the tailor to shorten the jacket a little? Unless you don't want it to ..... perfectly with the trousers.

a) go b) do c) make d) suit

15. Studs was only the boy's ..... . His real name was William.

a) label b) nickname c) identity d) figure

16. It's interesting how the rumour about my promotion began to ..... .

a) progress b) spread c) publicize d) emit

17. What we saw was absolutely unusual. Crowds of people from all four ..... of the world were cheering the arrival of the astronauts.

a) corners b) edges c) spots d) places

18. Mr Henson's bitter comments on the management's mistakes gave ..... to the conflict which has already lasted for four months.

a) cause b) ground c) goal d) rise

19. Numerous ..... have prevented us from going to the lakeside again this year.

a) inhibitions b) deterrents c) impairments d) adversities

20. That tall fair woman ..... me of my mother.

a) reminds b) remembers c) reminisces d) recalls

LIVEWORKSHEETS