

BAGRUT PRACTICE

PART I: WRITTEN RECEPTION (70 points)

لفصل الأول: فهم المقروء (70 درجة)

פרק ראשון: הבנת הנקרא (70 נקודות)

קראו את הקטע שלפניכם, וענו על השאלות 1-7. אقرأوا القطعة التي أمامكم، وأجيبوا عن الأسئلة 1-7.

Read the text below and then answer questions 1-7.

SHORT SLEEPERS

I Sleep experts say that most adults require seven to nine hours of sleep a night. If you regularly sleep less than what you need, you will probably feel sleepy quite often. You may also cause damage to your health. However, there are some people who are known as short sleepers. Although they sleep less than six hours a night, they are rarely tired. On the contrary, they are full of energy and find it easy to concentrate all day long.

II One such short sleeper is Jenn Schwaner of New Port Richie, Florida. Schwaner usually goes to sleep close to midnight and wakes up at three or four in the morning, without an alarm clock. That's when she does most of her housework. Schwaner has three children, as well as three foster children¹ (including two babies), and she has a full-time job. However, she loves being active and is happy that she has the time to accomplish so much.



III Sixty-four-year-old Brad Johnson also gets up before sunrise. "Even in childhood, I was never a normal sleeper," he says. "Other people slept eight, nine, or ten hours a night. For me, it was physically impossible." Every single day, Johnson wakes up feeling terrific after only five hours of sleep. "Having an extra two or three hours every day is a true gift," he says.

IV In recent years, scientists have started to research that gift. They have discovered that there are several different gene mutations² that can cause short sleep. People with these rare mutations have a better sleep quality, and their sleep is more effective. Their few hours of sleep are equal to someone else's seven or eight or nine hours of sleep. In addition, scientists have found that short sleepers tend to be very positive, cheerful, and friendly.

V So far, scientists have identified around fifty families with the short sleep mutations. They hope that their research on those families will help others become better sleepers and live a healthier, happier life.

1. foster children = الأطفال في الرعاية (الحضانة) البديلة, ילדי אומנה

2. gene mutations = طفرات جيني, מוטציות גנטיות

אָגיבּוּא בּאִינגִליזיִיִּה עֵן אִשְׁלֵה 1-7, חִסֵּב אִלְתּוֹת.
בּי אִשְׁוֵאל 2, זַעוּא דִאִירֵה חוּל רִקֵּם אִיגִיבֵה אִלְתּוֹת.
בּי אִשְׁלֵה אִבְּאִיִּה, אָגיבּוּא חִסֵּב אִלְתּוֹת.
(70 דִּרְגֵה)

עֵנוּ בּאִנגִלִית עֵל אִשְׁאִלוֹת 1-7, עֵל פִּי אִקְטֵע.
בּשְׂאִלֵה 2, אִקִּיפוּ אִתּ אִתּ אִמְסִפֵּר אִלְתּוֹת
אִנְכוֹנֵה. בּשְׂאִר אִשְׁאִלוֹת, עֵנוּ לִפִּי אִהוּרִאוֹת.
(70 נִקוּדוֹת)

QUESTIONS (70 points)

Answer questions 1-7 in English according to the text. In question 2, circle the number of the correct answer. In the other questions, follow the instructions.

1. What do we learn from paragraph I?

PUT A ✓ BY THE TWO CORRECT ANSWERS.

- ___ i) How many hours most adults sleep.
- ___ ii) Why it's important to sleep enough.
- ___ iii) How short sleepers are different from most adults.
- ___ iv) What happens if you sleep too much.
- ___ v) Why short sleepers are full of energy.
- ___ vi) What you should do if you can't get enough sleep.

(2x7=14 points)

2. What do we know about Jenn Schwaner from paragraph II?

- i) How being a short sleeper benefits her.
- ii) What time her children wake up.
- iii) When she discovered that she was a short sleeper.
- iv) Where she works.

(8 points)

3. In what way was Brad Johnson different from other people even when he was a child?

(paragraph III)

ANSWER: _____

(8 points)

4. What do Jenn Schwaner and Brad Johnson have in common? (paragraphs II-III)

PUT A ✓ BY THE TWO CORRECT ANSWERS.

They (—).

- i) have foster children
- ii) go to sleep close to midnight
- iii) sleep five hours a night
- iv) wake up very early in the morning
- v) are more active than anyone they know
- vi) love having extra time to accomplish things

(2x7=14 points)

5. What is “that gift” (line 16) that scientists have started to research?

ANSWER: _____

(8 points)

6. Give TWO things that scientists have discovered about short sleepers. (paragraph IV)

(1) _____

(2) _____

(2x5=10 points)

7. How might the research described in paragraphs IV-V help people who are *not* short sleepers?

COMPLETE THE SENTENCE.

It might _____.

(8 points)