

PART 2

For questions 13-24, read the text below and think of the word which best fits each space. Use only one word in each space. There is an example at the beginning (0).

WHY **SLEEP** IS **NECESSARY**

Thomas Edison, the inventor (0) _____ of _____ the light bulb, thought that sleep was unnecessary and that a society that operated (13) _____ sleep would be an ideal (14) _____. However, he was wrong. Nowadays, we are living in a society which is sleeping less than ever and this has resulted (15) _____ many negative effects.

According (16) _____ police reports, more than twenty five percent of motorway accidents are directly or indirectly attributed to lack of sleep. It is true that people (17) _____ to sleep nine hours a night, whereas today they sleep seven (18) _____ even less. This is because our (19) _____ of life has changed and we are trying to squeeze activities like (20) _____ television, shopping or going to the gym in our 24-hour day.

Lack of sleep also has a negative effect on our health. Research that has (21) _____ carried out on animals continuously deprived of sleep has shown that they are likely to die. Of course, experiments of this kind are highly unlikely to (22) _____ carried out on humans (23) _____. The longest period of wakefulness which broke the record was eleven days. This experiment showed that after a few days without sleep, the mind and body were unable to function normally.

To put it in a nutshell, the vast majority of us (24) _____ an adequate amount of sleep, in every twenty-four-hour period.

