**Read the following passage about Latest Research Findings and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.**

Sleep is very important for our health. Good sleep helps us live longer. Many doctors study how sleep affects our life. **(18)**_____. They also check if we wake up a lot during the night. If we sleep well, our body can fix itself. Had people slept better in the past, **(19)**_____. The way we sleep, which changes as we get older, can tell doctors about our health. People **(20)**_____. They also have more heart problems; moreover, they feel tired all day. Bad sleep makes our body weak; therefore, we cannot fight illness well. Having analyzed data from over 50,000 participants across three continents, researchers concluded that consistent, **(21)**_____. They say we should sleep seven to eight hours each night. We should also go to bed at the same time every day. Doctors tell us to turn off phones before bed. The light from screens makes it hard to fall asleep. **(22)**_____. When we follow these simple rules, we sleep better. Good sleep helps our brain work well. It also helps our heart stay strong. Children need more sleep than adults. Older people often sleep less at night. If we want to live longer, we must take care of our sleep. Recent studies show that deep sleep is the most important kind. During deep sleep, our brain removes harmful waste.

**Question 18:**

**A.** They prepare delicious meals for children every morning

**B.** They look at how many hours we sleep each night

**C.** They design colorful posters to decorate school hallways

**D.** They collect various plants from forests around the world

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**Question 19:**

**A.** they might have lived longer lives which they enjoyed

**B.** they might have lived longer lives

**C.** they might have lived longer lives who were happier

**D.** they might having lived longer lives

**Question 20:**

**A.** who sleep less than six hours each night often get sick more

**B.** sleeping less than six hours each night will often got sick more

**C.** whom slept less than six hours each night have often gotten sick more

**D.** they sleep less than six hours each night often getting sick more

**Question 21:**

**A.** quality sleep significantly extending healthy lifespan

**B.** quality sleep, significantly extended healthy lifespan

**C.** quality sleep significantly extends healthy lifespan

**D.** quality sleep having significantly extended healthy lifespan

**Question 22:**

**A.** They should say we also not drink tea early in the week

**B.** They also say we should not drink coffee late in the day

**C.** We also say they should not drink water long in the night

**D.** They not also suggest we should avoid coffee early for health

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