

I. Live May U9

(A) replaced	(B) research	(C) vital	(D) routine	(E) physical
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- () 1. Barry _____ the batteries in his flashlight before he went for a hike.
 () 2. Nancy's daily _____ includes one hour of exercise in the evening.
 () 3. According to _____, there are many health benefits to drinking green tea.
 () 4. It is _____ that you remember to bring your passport to the airport.

(A) waste	(B) cycles	(C) percent	(D) breathing	(E) maintained
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Sleep is a complex process. It affects almost every system of our bodies. When we are sleeping, we go through several sleep (5) _____. The two main types of sleep are non-REM (NREM) sleep and REM sleep. NREM is dreamless sleep. It comprises about 80 (6) _____ of our total sleep time. During this type of sleep, our brain waves, (7) _____, and heart rate slow down. The sleeper stays mostly still. Brain waves are faster and the heart rate is irregular during REM sleep. This kind of sleep is linked to memory and learning. Sleep gives our brains a chance to clear away (8) _____ created throughout the day. Long-term memories are (9) _____ and made stronger during sleep. For adults, a lack of sleep has been linked to health problems like obesity and anxiety.

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- If bright red spots have erupted all over your arms, you probably have some sort of _____ condition, and it would be wise for you to visit a doctor.
- Your _____ are the two organs inside your chest which fill with air when you breathe in.
- Campus guards caught him trying to _____ at the women getting changed in their locker rooms.
- Your body depends on your _____ for sensing pain, heat, and cold — not to mention making it possible for you to move your muscles.
- Your dinner of barbecued potato chips, ice cream, and slices of cheddar cheese might be delicious, but it's not very _____.
- If you take tap dancing lessons, you'll learn to tap with both your toes and your _____.
- If a virus _____ a computer, it affects the computer by damaging or destroying programs.
- (A) nerves (B) healthful (C) heels (D) lungs (E) peep (F) medical (G) infects
- _____ methods of farming and gardening use only natural animal and plant products to help the plants or animals grow and be healthy, rather than using chemicals.
- If you're trying to grow a _____, you might start by shaving all your facial hair except the strands that grow above your upper lip.
- If your _____ drops, you are very surprised.
- We will know in a couple of days if the _____ to restore her sight was successful.
- He spent a year in the jungle, _____ how deforestation is affecting local tribes.
- The whole journey was a _____ - we lost our luggage and both flights were delayed.
- These _____ exercises are designed to break linear thinking habits and encourage the creativity that is needed for innovation.

(A) jaw (B) mental (C) operation (D) mustache (E) organic (F) observing (G) nightmare