Part IV. Read the passage and then choose the correct answer to each question.

Teenagers and Sleep

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful, even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams. Sleepiness can lead to aggressive or inappropriate behaviours such as yelling at your friends or being impatient with your teachers or family members.

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teenager.

Teenagers need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep: one study found that only 15% reported sleeping 8 hours and a half on school nights. Not getting enough sleep or having sleep difficulties can limit your ability to learn, listen, concentrate and solve problems.

Teens tend to have irregular sleep patterns across the week - they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda and chocolate late in the day, and you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.

A **consistent** sleep schedule will help you feel less tired since it allows your body to get in synchronization with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.

1. Sleepiness is harmful because _____.

   A. our scores at school may be low and the relationship with others becomes worse

   B. important body functions and brain activity occur during sleep

   C. you can look bad behind the wheel

   D. can lead to appropriate behaviours or being patient with your teachers or family members

2. In order to function best, teenagers need _____.

   A. at least 10 hours of sleep each night **B.** over about 10 hours of sleep night

   C. about 8 to 10 hours of sleep each night **D.** 8 hours and a half on school nights

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3. All of the following are bad sleeping habits **EXCEPT** _____.

A. having coffee or tea close to bedtime **B.** staying up very late on the weekends

C. having nicotine and alcohol **D.** having the same sleep pattern

4. A consistent sleep schedule is very important because _____.

A. it will helps you feel less tired during daytime

B. you have less difficulty in falling asleep at bedtime

C. nicotine and alcohol will not interfere with your sleep

D. it is easier for you to fall asleep at any time

5. The word "**consistent**" in the last paragraph is closest in meaning to _____.

A. not changing **B.** agreeing **C.** similar **D.** changeable

Part V. Choose the word from the box to complete the following paragraph.

Besides	**time**	**for**	**do**	**and**

Household chores take a lot of your time. Therefore, you need to manage (1)..... to finish all of them effectively. Firstly, you should divide the chores into two types-daily chores (2) .....weekly ones so that you can spend more time for important chore. Secondly, you should shop (3) ..... the whole week's groceries to save time and only buy suitable amount of goods to save money. (4)....., you should buy the necessities with long shelf lives such as shampoo, soap, spices, etc. As this would help you use them anytime you want and save costs for certain. Last but not least, you should keep everything tidy so that you (5)..... not waste your time finding or cleaning up again and again.

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