



Part 2 For questions 9 - 16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0). ...

NIGHTMARES

Nightmares, like most dreams, occur during the stage of sleep (0) ...when... the brain is very active and sorting through experiences and new information for learning and memory. The vivid images the brain is processing can seem as real as the emotions they (9) trigger. This part of sleep is known as the rapid eye movement or REM stage because the eyes are rapidly moving beneath closed eyelids. Nightmares tend to happen during the second half of a night's sleep, (10) REM intervals are longer.

No one knows exactly what causes nightmares. Dreams and nightmares seem to be one way kids process thoughts and feelings (11) situations they face, and to work through worries and concerns.

Most times, nightmares occur (12) no apparent reason. At other times, they happen when a child is experiencing stress or change. Events or situations that might feel unsettling – such as moving, attending a new school, the birth of a sibling, or family tensions – might also (13) reflected in unsettling dreams. For some kids, (14) those with a good imagination, reading scary books or watching scary movies or TV shows just (15) bedtime can cause nightmares. Parents can't prevent nightmares, but can help kids (16) a good night's sleep, by soothing them before bedtime.

