ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and choose the correct option (A, B or C) for items 1-10.



In a 2017 study of over 1,700 young adults, they found that when it comes to social media interaction, time of day plays a fundamental role. Engagement during the last 30 minutes before going to bed was found to be the strongest indicator of a poor night's sleep, which was also found to be completely independent of the total amount of time of use during the rest of the day. It seems that something about keeping those last 30 minutes tech-free is crucial to a good night's sleep. There are several factors that could explain this. A now well-told caution is that the blue light emitted from our screens inhibits our melatonin levels. Melatonin is a chemical that effectively tells us that it's time to nod off. It could also be possible that social media use increases a person's anxiety as the day goes on, making it hard to switch off when we finally go to bed. Or a more obvious reason might be that social media is deeply alluring and simply reduces the time we have for sleep. And so it seems there is a merry-go-round of interrelated issues at play. Social media is linked to increased depression, anxiety and sleep deprivation. And a lack of sleep can both worsen mental health and be a result of mental health issues. Lack of sleep has other side-effects, too. It has been linked to an increased risk of heart diseases, diabetes, obesity, poor academic performance, slower reaction times when driving, risk behaviour, increased substance use... the list goes on.

(Words: 255)

1. The text talks about the impact of
- **A.** sleep deprivation on people's health
- **B.** social media use on people's sleeping habits.
- **C.** various mental health problems on people's lives.

2. This text could be found in
- **A.** an encyclopedia.
- **B.** an advertising leaflet.
- **C.** a parents magazine.

3. This text could be of interest to people who
- **A.** feel miserable and cannot make any new friends.
- **B.** have low levels of melatonin in their body.
- **C.** spend time on the social media before going to bed.

4. According to the 2017 study,
- **A.** daily time spent on social media might lead to sleeping problems.
- **B.** we should better avoid any social media interaction 30 minutes before going to bed.
- **C.** a good 30-minute sleep during the day increases the melatonin levels in our body.

5. According to the text, melatonin
- **A.** is involved in controlling our sleep pattern.
- **B.** is only produced by our body during the night.
- **C.** prevents us from having a good night's sleep.

6. According to the text, our anxiety levels may rise if we
- **A.** switch off our phones when we go to bed.
- **B.** face difficulties when using the social media.
- **C.** insist on using the social media all day long.

7. In the text, the underlined word '**alluring**' means
- **A.** tempting
- **B.** unattractive
- **C.** alarming

8. In the text, the underlined word '**interrelated**' means
- **A.** disconnected.
- **B.** closely connected.
- **C.** irrelevant.

9. In the text the underlined phrase '**poor academic performance**' means
- **A.** not doing well at school.
- **B.** not going to school.
- **C.** not participating in a school play.

10. According to the text, people who do not sleep well at night
- **A.** are slow drivers.
- **B.** may face health problems.
- **C.** cannot get up in the morning

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ΘΕΜΑ 2ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	fundamental	**B.**	social	**C.**	reaction	**D.**	depression	**E.**	inhibit
F.	deprivation	**G.**	increase	**H.**	crucial	**I.**	reduce	**J.**	effectively

11.	Some kind of behaviour, feeling or action that is the direct result of something else.
12.	To take an action that makes something less likely to happen or that discourages someone from doing something.
13.	To become or make something become larger in amount or size.
14.	Extremely important or necessary.
15.	Lack of, absence or too little of something important.
16.	In a way that is successful and helps you achieve something.
17.	Being the most basic or most important thing on which other things depend.
18.	To become or to make something become smaller in size, amount, degree, importance, etc.
19.	Related to meeting and spending time with other people for pleasure.
20.	The state of feeling very unhappy and without any hope for the future.

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