

PRE-INTERMEDIATE FINAL EXAM – READING

1 Read the article about sleep and tick (✓) A, B, or C.

Six months ago, Jane Walker felt moody and irritable. She couldn't concentrate and the quality of her work was getting worse. She knew she wasn't getting enough sleep, so she decided to see a sleep therapist.

'I have a very stressful job. Six months ago, I often worked until midnight, drove home, had something to eat, went to bed, and then got up at five in the morning. I decided to see a sleep therapist. She said that I needed to have a regular sleeping pattern, with seven or eight hours sleep every night. This meant I had to go to bed at the same time every night and get up at the same time – even at weekends. I decided to go to bed at eleven and get up at seven.'

At first I had problems getting to sleep, so my sleep therapist gave me a few ideas. I often went to the gym late in the evening. However, this is a bad idea because exercise can wake you up. So I started going for a walk or swimming at lunchtime instead.

My therapist also suggested that I should create the right atmosphere in my room for sleeping. Bright light tells the brain that it's time to wake up, so I bought some heavier curtains and made sure my room was nice and dark. She said, "Don't fill your brain with exciting thoughts last thing at night." I like reading thrillers, but I stopped reading them and read romantic stories instead! I also bought a relaxation tape and listened to it in bed.

After about a week I was more relaxed during the day and I had better concentration. The result was that I did more work and it was better quality, too. These days, I try to stick to my sleeping schedule. However, it doesn't always work. I sometimes go to bed after midnight at the weekend and I occasionally watch the odd scary movie!'

Example: Jane went to see a therapist because her moods were affecting her _____.

A social life B work C health

1 In the past, Jane went to bed straight after _____.

A working B travelling C eating

2 The therapist said that Jane should _____.

A go to bed at a regular time B get up earlier C go to bed earlier

3 Exercising late in the day _____.

A helps you sleep B stops you from sleeping C has no effect

4 Jane decided to _____.

A stop exercising
B do more exercise
C exercise at a different time of day

5 The therapist told Jane to make her room _____.

A brighter B darker C quieter

6 Jane decided _____.
A not to read in bed

B to read more exciting books

C to read books she didn't usually read

7 Jane also tried _____.
A relaxing exercises

B listening to tapes in bed

C speaking to friends

8 Jane felt better _____.
A immediately

B after a couple of days

C after a short time

9 She started to _____.
A work longer hours

B produce better work

C dislike her job

10 Now, Jane _____.
A never goes to bed really late

B often reads scary books

C sometimes breaks the rules

2 Read the text again and answer the questions.

1 Why did Jane go to bed so late in the past?

2 Why should people sleep in the dark?

3 How did Jane create a better atmosphere for sleep?

4 Why did Jane start reading romantic stories?

5 How did Jane feel after changing her lifestyle?
