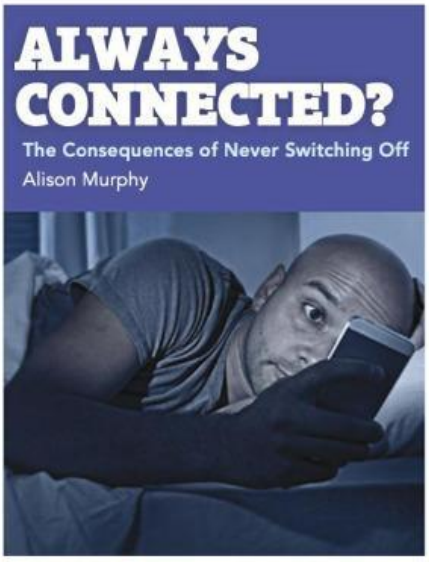
Name: _____

SUMMIT 1 - UNIT 10 - LESSON 3

Gap-Filling Questions

(Complete the sentences with the correct words from the text.)



1. Devices provide us with _____ contact with work, social media, and the Internet.
2. According to the text, technology reduces the production of the sleep hormone _____.
3. Zack Panatera mentioned that taking a "quick look" online often leads to spending several _____ browsing.
4. Kyla Greenham advises switching off any form of _____ at least an hour before going to bed.
5. Traditional leisure activities, such as going out to the _____, are being replaced by more private activities like watching movies at home.

True/False Questions

(Decide whether the statements are true or false based on the text.)

6. Most people use their devices right before going to bed. (True/False)
7. The text claims that switching off devices before bed has no effect on sleep quality. (True/False)
8. In the past, technology was used primarily for relaxation and face-to-face interactions. (True/False)
9. Today's online interactions with friends and family are shorter and less meaningful than traditional face-to-face interactions. (True/False)

Multiple-Choice Questions

(Choose the correct answer.)

10. What is one major downside of always being connected, as described in the text?
    a) Increased ability to multitask
    b) Decreased time to relax
    c) Improved mental health
    d) Better face-to-face interactions

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11. What activity is replacing traditional leisure experiences like going to the movies?
    a) Participating in clubs
    b) Watching movies at home
    c) Traveling with family
    d) Joining community activities
12. What is one effect of light from devices on sleep?
    a) It increases melatonin production.
    b) It disrupts the body's natural sleep cycle.
    c) It helps people fall asleep faster.
    d) It has no impact on sleep quality.
13. According to the text, what is a growing trend in workplaces?
    a) Encouraging employees to disconnect completely.
    b) A decrease in working hours and stress levels.
    c) Longer hours and less time to relax.
    d) Better management of work-life balance.
14. What does the article suggest is necessary for ensuring fulfilling lives?
    a) Increasing time spent online
    b) Cutting back on social media entirely
    c) Taking time to switch off from devices
    d) Using technology more efficiently

C **UNDERSTAND MEANING FROM CONTEXT** With a partner, find these words and phrases in the article. Match each one with its correct meaning.

..... **1** switch off	**a** a way to relax
..... **2** 24/7	**b** all day and night
..... **3** a means to unwind	**c** insufficient amount or quantity
..... **4** keeps [someone] up at night	**d** prevents from sleeping
..... **5** lack of	**e** by talking to someone directly, in person
..... **6** throws off	**f** turn off
..... **7** face-to-face	**g** makes something not work right

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