Unit 3: Extra Listening -Sleep

1. According to the text, how many hours of sleep do most adults need per night?

A. 5-6 hours
B. 7-9 hours
C. 4-5 hours
D. 10-12 hours

2. What is a major consequence of sleep deprivation on thinking and decision-making?

A. Increased creativity
B. Faster problem-solving
C. Slower thinking and more mistakes
D. Improved memory retention

3. What percentage of adults get less than seven hours of sleep each night?

A. 20 percent
B. 30 percent
C. 40 percent
D. 50 percent

4. How does lack of sleep impact students' academic performance?

A. It has no effect on grades
B. Students with less sleep get higher grades
C. Students with less sleep get lower grades
D. Sleep only affects memory, not grades

5. What is a dangerous effect of sleep deprivation while driving?

A. Increased alertness
B. Micro-sleep episodes
C. Better reaction time
D. Improved concentration

6. What health risk is associated with women sleeping less than five hours per night?

A. Weight gain
B. Increased heart problem risk
C. Better metabolism
D. Improved immune system

7. What is the main purpose of the lecture about sleep deprivation?

LIVEWORKSHEETS

Unit 3: Extra Listening -Sleep

A. To discuss sleep medication
B. To explain sleep cycles
C. To raise awareness about health risks
D. To promote sleeping pills

LIVEWORKSHEETS