

## 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?

## **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