

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?

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