

PASSAGE 18

Tra ID Đề [5779] - Tra ID Video [5780]

Technology is significantly affecting teens' sleep quality. Many teenagers spend time (1) _____ their phones, tablets, or playing video games late at night, which makes it harder for them to fall asleep. The blue light (2) _____ by these devices interferes with the production of melatonin, the hormone responsible for regulating sleep. Additionally, constant social media notifications and messaging keep their minds active, making it difficult to relax before bed. (3) _____, many teens experience sleep deprivation, leading to tiredness, difficulty concentrating in school, and increased stress levels. Lack of sleep can also affect their mood, causing irritability and frustration. To improve sleep, experts (4) _____ teens limit screen time at least one hour before bed, establish a consistent bedtime routine, and avoid using (5) _____ devices while in bed to create a better sleep environment.

Question 1: A. on B. at C. in D. about

Question 2: A. emits B. emitted C. emitting D. to emit

Question 3: A. However B. Besides C. Although D. As a result

Question 4: A. advise B. recommend C. refuse D. remind

Question 5: A. electricity B. electric C. electronic D. electrical