

Part 2

You should spend about 15 minutes on this part.

Read the text below and correct the underlined errors. For each question, write the correct word in the space provided on your answer sheet.

Sleep Problems

It all (0) start when I was fifteen years old. I had to sit for my school examinations and anxiety struck as I (9) am not well prepared for the examinations. That was the beginning of my sleep problems. After that, there were days where I (10) find myself lying on the bed, awake for hours. My mind would be busy thinking of things that happened (11) at that particular day. I would also worry about what may happen the next day. I was just not able to (12) sleeping. Often the next day, when I went to school, I would be tired due to the lack of sleep. I would also be unable to (13) stayed focused in class. I then realised that it was getting from bad to worse. I finally decided to get professional help to overcome (14) our anxiety as well as the sleep disorder. After getting professional advice, I changed my sleep and eating habits. I also learned to avoid delaying my work to (15) reduces any potential anxiety related to the work. As a result, my anxiety decreased. My sleep pattern also (16) becomes normal. I realised that I needed to keep my mind calm so that I could sleep well. Nowadays, I sleep tight. Although anxiety creeps in at times, I now know how to handle it to get better sleep.

[8 marks]

Example

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