

Vocabulary Review

UNIT ONE

Chapter 1

A Read each sentence. Write a word from the box above the boldfaced word or phrase with the same meaning.

~~alter~~
artificial
consider

contributes to
function
makes sense

researchers
stress

1. When Paul started working at night, he had to ~~change~~^{alter} his sleep schedule. Now, he sleeps in the day.
2. What do you **think of as** "enough sleep"? Is it six hours, eight hours, ten hours, or some other amount?
3. It is **easy to understand** that people today go to bed later. They have electrical lights, TVs, and computers in their homes.
4. **People who study the subject** have found that if you do not get enough sleep every night, you cannot **perform** well during the day.
5. **Unnatural** electric lighting has changed the way humans sleep. Humans are no longer guided by the amount of natural light.
6. **Worrying about difficulties in your life** is one thing that is **part of the cause of** insomnia, or sleeplessness.

B Complete each sentence with your own information.

1. _____ and _____ **contribute to** good health.
2. If I _____, this will help me **function** more effectively.
3. I _____ need to **alter** my eating habits.
4. I **consider** _____ an enjoyable way to spend my time.