Read the article. For questions 1-10 choose the answer (A, B, C or D) which you think fits best according to the text.

Music beats insomnia

Everyone knows that a good night's sleep is essential for our physical and mental well-being. Sleep is so much more than a way of restoring energy after a busy day. It is a state during which the body repairs itself, stores information, and secures experiences in our memories. But in our busy world, full of technological distractions and noise and light pollution, it's difficult to get that optimum eight hours of quality sleep we all need. However, those whose sleep is disrupted for over a month, are classified as suffering from insomnia, a condition that affects approximately 30% of adults at some point in their lives.

The effects of insomnia are unpleasant, ranging from tiredness, difficulty concentrating, and memory loss, to more serious health problems such as diabetes and obesity. It's not surprising, therefore, that when insomnia hits, many people reach for the medicine cabinet. But this is not an ideal solution because taking regular sleep medication can lead to harmful effects on the body. So, what's the alternative?

Music has long been associated with relaxation. Many people listen to music before bed or while drifting off to sleep, but the positive effects have been mainly anecdotal and few major studies have been done to date. So, in an attempt find a safer alternative to sleep medication, a team of experts from the University of Sheffield's Music and Wellbeing research unit collaborated with researchers from the Sleep and Cognition Laboratory at the University of Lincoln and Goldsmiths University of London on an important music-sleep project.

The first phase of the project was to survey over 650 people with varying sleep habits. The first question was designed to find out what type of music people listen to when they are nodding off, and why they believe that music improves their quality of sleep. Interestingly, the most popular musician for assisting sleep turned out to be Bach. Other popular choices included Mozart, Ed Sheeran, and Cold Play. Overall these included 14 different music genres and the songs of 545 different music artists.

The second question asked the participants why they thought that listening to their chosen music helped them sleep. While the obvious answer might have been that it helps them to relax, the responses showed that music fulfilled a range of functions and were different for each person. Some participants used music as a distraction from background noise such as traffic, to prevent worrying thoughts, or to fill silence in order to provide a sense of security. Others just said they were used to the routine and couldn't sleep without it. The researchers concluded that there is no single solution for using music to improve sleep. Each individual needs to choose the music that works for them and use it in the way that works best for them. The researchers are determined to translate that into an alternative musical treatment for insomnia. The question is how?

The next phase of the research will involve expanding the survey to cover as many populations and cultures as possible. The aim of the research will be to ultimately develop personalized music selection technology, which could be combined with advice on sleep strategies to create a complete treatment package for people who need to restore their sleep patterns. Until this new technology has been developed, however, the best advice is to avoid spending money on the 'sleep CDs' that are available to buy and to trust your own musical choices. Sweet dreams!

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1. According to the text, insomnia is diagnosed when:
A. Someone sleeps less than five hours a night
B. Sleep is disrupted for more than one month
C. A person regularly takes sleep medication
D. The body fails to repair itself during the night

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2. Which of the following is **NOT** mentioned as a possible effect of insomnia?
A. Weight gain
B. Diabetes
C. Loss of hair
D. Difficulty concentrating

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3. Why does the author say taking regular sleep medication is "not an ideal solution"?
A. It can become addictive
B. It is often too expensive
C. It can have a damaging impact on the body
D. It doesn't work for most people

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4. What was the purpose of the University of Sheffield project?
A. To prove that classical music is the best for sleep
B. To identify a more secure substitute for sleeping pills
C. To test whether insomnia is caused by technology
D. To design a new type of sleep-inducing drug

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5. In the survey, the most popular music for helping people sleep was by:
A. Mozart
B. Coldplay
C. Bach
D. Ed Sheeran

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6. What did researchers discover about why music helps people sleep?
A. Everyone listens to music for the same reason
B. It only works as a distraction from traffic noise
C. It helps only those with long-term insomnia
D. People use it for a variety of purposes

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7. Which of the following is given as a reason people listen to music before sleep?
A. To block out silence
B. To keep up with musical trends
C. To make the room warmer
D. To help them wake up earlier

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8. What conclusion did the researchers draw from the survey?
A. A single playlist can work for everyone
B. People should stop listening to music before bed

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C. Pop music is more effective than classical music
D. Each person needs an individual music solution

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9. What is the next step in the research project?
A. To create a global music streaming service
B. To test sleep medication and music together
C. To broaden the survey to diverse communities
D. To stop people from buying sleep CDs

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10. Until new technology is developed, the article advises people to:
A. Listen only to classical music at night
B. Refrain from wasting money on commercial relaxation audios
C. Play the same song every night
D. Buy music recommended by scientists

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