PART 2

For questions 13-24, read the text below and think of the word which best fits each space. Use only one word in each space. There is an example at the beginning (0).

WHY SLEEP IS NECESSARY

Thomas Edison, the inventor **(0)** ___of___ the light bulb, thought that sleep was unnecessary and that a society that operated **(13)** _____ sleep would be an ideal **(14)** _____ . However, he was wrong. Nowadays, we are living in a society which is sleeping less than ever and this has resulted **(15)** _____ many negative effects.

According **(16)** _____ police reports, more than twenty five percent of motorway accidents are directly or indirectly attributed to lack of sleep. It is true that people **(17)** _____ to sleep nine hours a night, whereas today they sleep seven **(18)** _____ even less. This is because our **(19)** _____ of life has changed and we are trying to squeeze activities like **(20)** _____ television, shopping or going to the gym in our 24-hour day.

Lack of sleep also has a negative effect on our health. Research that has **(21)** _____ carried out on animals continuously deprived of sleep has shown that they are likely to die. Of course, experiments of this kind are highly unlikely to **(22)** _____ carried out on humans **(23)** _____ . The longest period of wakefulness which broke the record was eleven days. This experiment showed that after a few days without sleep, the mind and body were unable to function normally.

To put it in a nutshell, the vast majority of us **(24)** _____ an adequate amount of sleep, in every twenty-four-hour period.

LIVEWORKSHEETS