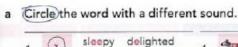
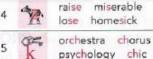
# SUPERIOR: INTEGRATION N°1

Complete the second sentence so that it means the same as the first.	<ul> <li>Complete the sentences with an adjective expressing a feeling.</li> </ul>
They escaped from the jungle because they found the river.  They wouldn't have escaped from the jungle if they the river.	Our son played brilliantly in the concert! We felt very pr  I'm feeling a bit h I really miss my family.
they the river.  2 I can't go to dance classes because I work in the evening.  I would be able to go to dance classes if I in the evening.	Thanks for lending me the money. I'm very gr  I shouldn't have bought that bag – it was so expensive.  Now I feel really g  When I heard that I'd won the prize I was completely
3 We went to that restaurant because you recommended it.  We to that restaurant if you hadn't recommended it.	b Complete the sentences with the correct form of the bold word.  1 That walk was I need a good rest now.
Marta goes to bed late, so she's always tired in the morning.  If Marta didn't go to bed late, she	exhaust 2   was really when   read Tim's email. shock 3 You really me at the party last night!
5 It's a pity I can't speak French. I wish French.	4 It's very when you think that you are going to miss your flight. stress
6 I regret not learning to play the piano when I was younger.  I wish I	5 It me when people who don't know me use my first name. annoy 6 Last night's concert was really The orchestra
the piano when I was younger.  7 I hate seeing your dirty clothes on the floor.  I wish your dirty clothes on the floor.	didn't play well at all. disappoint  7 It always me that people actually enjoy doing risky sports. amaze  8 We were when we heard the news. horrify
8 After living in London for a year I still find driving on the left difficult.	9 What you said to Ruth was rather I think you should apologize. offend
After living in London for a year I still can't get	10 It was an incredibly film! scare
9 My hair was very long when I was a child. When I was a child, I used very long hair.  10 I get up very early, but it's not a problem for me	c Complete the missing words.  1 Could I have an extra p for my bed, please?  2 My husband says I sn really loudly at night.  3 I didn't sleep last night, so I'm going to have a n
now. I'm used very early.	now.  4 Last night I had a horrible n I dreamt that I was lost in the jungle.
Complete the sentences with the correct form of the <b>bold</b> verb.	5 Don't forget to s the alarm for tomorrow morning.
1 I don't remember you before, meet 2 My hair needs I'm going to book an appointment at the hairdresser's. cut 3 We managed to the airport on time. get	d Write the words for the definitions.  1 the person who directs an orchestra 2 a group of people who sing together 3 a stringed instrument that you hold between your knees
Please try late tomorrow. not be     My sister isn't used to in such a big company. She was self-employed until recently.	4 a woman who sings with a very high voice 5 an electronic musical instrument, like a piano



### relieved keyboard alarm yawn soprano guitar





Christopher

people?







eves course

b Underline the main stressed syllable.

loose place

- 1 ab solutely 2 de va sta ted
- 3 in furialting 4 in som ni a
- 5 sleep walk

### CAN YOU understand this text?

- a Read the article once. According to Dr Breus, what kinds of music should you listen to before going to sleep?
- b Read the article again and choose the best words to fill the gaps.
  - 1 a after b while c between
  - 2 a effective b affectionate c harmful
  - 3 a active b relaxed c alert
  - 4 a adjust b increase c stop
  - 5 a pride b excitement c boredom
  - 6 a advise b forbid c order
  - 7 a last b first c next
  - 8 a possibly b likely c probably
  - 9 a deeper b comfortable c uncomfortable
  - 10 a as b because c if

Lemuel



- 1 If Christopher was left alone on a desert island, he thinks
  - a he would survive well because he was a boy scout
  - he wouldn't worry too much about being rescued
  - c he would have an idea from films about what to do
- 2 Lemuel finds it annoying when other people
  - a talk during lectures
  - b don't walk fast enough in the street
  - c bite their nails
- 3 Mary sometimes has problems sleeping when
  - a she's feeling depressed
  - b her bedroom is too warm
  - c she's been reading an exciting book
- 4 Martina likes listening to country music to help her to\_
  - a wake up
  - b feel more energized
  - c relax in the evening

### by Dr Michael Breus

Music is a regular fixture in my daily life. I listen to music to keep motivated I exercise or work, to relax me when I travel, and to unwind before bed. It's especially 2 on nights when I'm feeling tense. Slow beats are best. The body and

brain are highly responsive to music, including its rhythm and tempo. Use uptempo songs to get you moving in the morning, or to keep you 3 on a long drive. To move your body into sleep mode, use songs that have a rhythm of about 60-80 beats per minute - you can find lots of examples on YouTube. Your heart rate will to match these slower beats, and your breathing will slow down, putting you closer to a sleeping state.

Avoid emotional triggers. Don't listen to music that makes you feel strong emotions, whether sadness or . These are not the songs you want to listen to at bedtime.

Go lyric-free. Lyrics can be mentally stimulating, 16 patients to choose music without words at bedtime. Give the cognitive centres of your brain a rest, rather than lighting them up.

Be consistent. Research suggests that the beneficial effects of music for sleep get stronger over time. If you're stressed out in the evenings, your new music routine might not make an immediate difference in the few nights. Stick with it for a few weeks, and you'll find the soothing effects become stronger.

Don't ignore the rest of your sleep environment. If you're playing a Bach sonata in a room blazing

with lights, or looking at a computer screen, you're not 8 to benefit from the sleep-inducing effects of the background music. Make sure your nightly routine and environment is soothing, calm, and dimly lit.

Don't fall asleep with earphones. If you want to listen to music as you fall asleep, that's fine. But don't use earphones, which can make sleep and damage your ear canal.

Pay attention to how you feel. We all react differently to songs and find different meaning within them. Classical music is often used in studies, and is a popular choice for bedtime listening. But 10 it's not your thing, that's fine. Try jazz, or new age, or folk music. Whatever makes you feel calm and puts your body and mind in a restful mode is the right choice for you.

## Choose the correct words.

- 1 It was hard to be/get used to the
- Jan got/has to get used to driving on the right when she went to the USA.
- 3 I'm get/getting used to working at the weekend.
- 4 It took me ages to getting/get used to using my new camera.
- 5 Jim's slowly used/getting used to being on his own.
- 6 I eat cooked food all the time so I'm not getting used/used to eating raw food.
- 7 We had no choice. We were getting/had to get used to living without a car.
- 8 It took my parents a long time get/to get used to me not being at home.

- Fill in the gaps with the correct verb form.
  - 1 to meet/meeting
  - a He remembers <u>meeting</u> me in 2001.
  - b I forgot Jo at the airport.
- 2 to tell/telling
- a Lexpect them me soon.
- ь I regret them about that.
- 3 to drink/drinking
- a I've stopped coffee.
- ь I told him some water.
- 4 to talk/talking
- a She refused to me.
- b I avoided to him at the party.

- 5 to be/being
- a I pretended asleep.
- b I kept woken up by all the noise.
- 6 give up/to give up
- a Max doesn't want his job.
- b You can't make him his job.
- 7 to try/trying
- a I resent to please everyone.
- b He encouraged me again.
- 8 get up/getting up
- a Hove early.
- b Bill had better soon
- 9 to start/start
- a I'd rather work at 9 a.m.
- ь We'd prefer earlier.