

GAPPED TEXT: PRACTICE 4

According to road safety charity Brake, of the 1,000 drivers it interviewed, 45% of men confessed to micro-sleeping while driving, as did 22% of women. (1) _____.

Micro-sleep is an incidence where the brain goes to sleep involuntarily for five to 10 seconds. (2) _____. People wake up suddenly, often with a sharp jolt of the head.

“Your eyelids start drooping and you start to lose contact with reality,” says Prof. Jim Horne, director of Loughborough University’s Sleep Research Centre. “You’re asleep a few seconds, then wake up, often with a jolt.” This sudden head jerk is how people normally know they have been micro-sleeping. (3) _____.

“Sleep has to last beyond a minute or two for your brain to remember it,” says Prof. Jim Horne, who studied driver tiredness for 10 years. “With micro-sleep, you are just left with a feeling of not knowing if you are coming or going.” Obviously, it is caused by fatigue, you fall into a good sleep.

Drivers are exceptionally vulnerable as driving can be monotonous. The risk is higher in the afternoon as the body experiences a drop in energy levels. It is also riskier at night when a person usually asleep. (4) _____. Young people need more sleep in general, so are more impaired by sleep loss. According to the Department for Transport, almost 20 % of accidents on dull, major roads are sleep-micro.

Drivers have no excuse, says Prof. Jim Horne, “Sleep doesn’t come from out of the blue. You can’t drive along alert one minute and falling asleep the next. There’s always adequate time to realise how sleepy you are.” His advice is, to safely park, have a drink containing about 150mg of caffeine, take a 15-minute nap, and then freshen up for five minutes before continuing the journey. (5) _____.

A	Caffeine will not kick in for at least 20 minutes.
B	The brain does not remember such short naps.
C	It is “horrifying” statistic, but what does this mean?
D	Caffeine intake will cause uncontrollable drowsiness over a period of time.
E	Young drivers too are more at risk.
F	Young people are the drivers with the lowest accident rate caused by micro-sleep.
G	It is sleep that is more likely happen in a monotonous situation.