

## GAP FILL

If you have trouble sleeping at (1) \_\_\_\_\_ times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a (2) \_\_\_\_\_ between the lunar cycle and sleeping patterns. They say that on nights when there is a full moon, people could experience more (3) \_\_\_\_\_ sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the (4) \_\_\_\_\_ brightness in the night sky could interrupt our sleep. The scientists said: "Moonlight is so (5) \_\_\_\_\_ to the human eye that it is (6) \_\_\_\_\_ reasonable to imagine that, in the absence of other (7) \_\_\_\_\_ of light, this source of nocturnal light could have had a role in [changing] human (8) \_\_\_\_\_ activity and sleep."

*bright*  
*nocturnal*  
*certain*  
*sources*  
*restless*  
*entirely*  
*link*  
*extra*

The scientists conducted a study of the sleep (9) \_\_\_\_\_ of over 500 people. Each person wore a special wristband that (10) \_\_\_\_\_ their sleep. The study included 98 people from an (11) \_\_\_\_\_ village in rural Argentina. These people did not have access to electricity and other artificial light (12) \_\_\_\_\_. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has lots of (13) \_\_\_\_\_ light pollution. The scientists discovered that people in the (14) \_\_\_\_\_ village and in the big city got less sleep on the nights (15) \_\_\_\_\_ up to the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar (16) \_\_\_\_\_."

*sources*  
*tracked*  
*rural*  
*patterns*  
*phases*  
*artificial*  
*leading*  
*isolated*

## **2. SYNONYM MATCH:**

- 1. trouble**
- 2. link**
- 3. restless**
- 4. extra**
- 5. role**
- 6. conducted**
- 7. tracked**
- 8. artificial**
- 9. discovered**
- 10. phases**

- a. synthetic**
- b. part**
- c. carried out**
- d. connection**
- e. stages**
- f. difficulty**
- g. found**
- h. additional**
- i. troubled**
- j. monitored**