

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	a. synthetic
2. link	b. part
3. restless	c. carried out
4. extra	d. connection
5. role	e. stages
6. conducted	f. difficulty
7. tracked	g. found
8. artificial	h. additional
9. discovered	i. troubled
10. phases	j. monitored