

For questions 1-12, read the text below and decide which answer best fits each gap.

The magic of sleep

A study which looked at school start times has shown that a later start can (1) ____ in improved attention and mood of students.

Over 200 students aged between 14 and 18 took (2) ____ in the study at a school in Rhode Island, USA. Rather than beginning classes at 8 a.m., they (3) ____ the start of the school day by half an hour (i.e. until 8.30 a.m.).

The students all (4) ____ in a questionnaire both before and after the study. The number of them who (5) ____ to sleep for more than eight hours per night rose from 16.4% to 54.7% during the study. The researchers who (6) ____ out the study claimed that students needed to (7) ____ around nine hours a night sleeping. This amount of sleep (8) ____ them to function properly during the day and, in particular, to (9) ____ on their lessons.

What else did the researchers find out? The percentage of students who said they were unhappy dropped from 65.8% to 45.1%. They also felt more positive about school and, because of this, they (10) ____ more of their lessons and they (11) ____ more progress.

The students and teachers were so pleased with the effect that they voted to (12) ____ to start at 8:30 a.m. the following term.

-
- | | | | | |
|----|-------------|------------|--------------|---------------|
| 1 | A develop | B lead | C result | D follow |
| 2 | A place | B position | C piece | D part |
| 3 | A postponed | B stopped | C put | D cancelled |
| 4 | A completed | B finished | C answered | D filled |
| 5 | A succeeded | B managed | C achieved | D arrived |
| 6 | A set | B carried | C dealt | D based |
| 7 | A take | B pass | C spend | D last |
| 8 | A enabled | B let | C ensured | D meant |
| 9 | A think | B consider | C remember | D concentrate |
| 10 | A attended | B appeared | C associated | D accompanied |
| 11 | A took | B did | C made | D went |
| 12 | A repeat | B continue | C remain | D extend |