

CLOZE PASSAGE

Read the passage carefully. Then fill in the blanks with one suitable word from the list below to complete the passage. Use each word ONCE only.

the	important	most	after	than
it	enough	and	that	so
However	during	helps	may	One
can	have	are	before	could

Sleep plays an (41) _____ role in good health and general well-being throughout your life. Sleep also (42) _____ your brain work properly. Therefore, getting a good night's sleep (43) _____ an important examination might be better (44) _____ spending the whole night awake, trying to cram as much information as we (45) _____ into our minds. Besides recharging (46) _____ body physically, a study also found (47) _____ sleep apparently restores memories that disappeared (48) _____ a busy day. You (49) _____ able to recall certain things better (50) _____ a night's sleep.

(51) _____ researcher says that a person receives (52) _____ many memories each day that some details are lost in the jumble. (53) _____, the brain sorts and organizes the memories during sleep. Many people (54) _____ the experience of going to bed with a question (55) _____ waking up the next day with the solution.

These findings (56) _____ influence how students learn, and someday (57) _____ be used to treat mental illnesses involving memories. Thus when (58) _____ comes to learning and memory, getting (59) _____ sleep is actually one of the (60) _____ important things you can do.

TOTAL MARKS	
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