

## Reading and Use of English - Part 1

**INSTRUCTIONS:** Choose the correct word from the options below, look at each number for each option. Fill in the blanks with the correct word, do not use punctuation, use lowercase.

### Three theories about sleep

People spend about one-third of their lives asleep. It seems certain, therefore, that sleep has a (1) \_\_\_\_\_ function. However, what that function might be is still in (2) \_\_\_\_\_. Scientists are far from being in agreement about (3) \_\_\_\_\_ why so much of our precious time is given over to sleep.

There seem to be three main theories. The most popular states that the functions and (4) \_\_\_\_\_ of sleep are primarily physiological. It claims that we sleep in order to (5) \_\_\_\_\_ the health of our body. In other words, biological processes work hard as we sleep to repair any damage during the day and to restore ourselves to (6) \_\_\_\_\_ efficiency. However, a second theory places more emphasis on the learning benefits of sleep. This theory holds that sleep allows us to process the information that we (7) \_\_\_\_\_ during the day, and asserts that, without sleep, learning would not take place. A third popular theory is (8) \_\_\_\_\_ on ideas about energy, saying that we need (9) \_\_\_\_\_ of sleep in order to, in a sense, recharge our batteries and so have an adequate supply of energy for the coming day.

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|---|--------------|--------------|--------------|-------------|
| 1 | A chief      | B vital      | C principal  | D focal     |
| 2 | A discussion | B dispute    | C argument   | D debate    |
| 3 | A correctly  | B absolutely | C actually   | D precisely |
| 4 | A purposes   | B targets    | C intentions | D points    |
| 5 | A take       | B maintain   | C stay       | D keep      |
| 6 | A strong     | B utter      | C full       | D entire    |
| 7 | A achieve    | B complete   | C reach      | D acquire   |
| 8 | A rooted     | B supported  | C based      | D developed |
| 9 | A periods    | B eras       | C moments    | D episodes  |