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) _____. Scientist 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.

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

LIVEWORKSHEETS