

## ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A), False (B) or Not Mentioned (C).

In 2017 a study of over 1,700 young adults showed that interaction with social media during the last 30 minutes before bed was found to be the strongest indicator of a poor night's sleep. There are several factors that could explain this. A now well-told caution is that the blue light emitted from our screens slows down our melatonin levels. Melatonin is a chemical that effectively tells us that it's time to nod off. It could also be possible that social media use increases a person's anxiety as the day goes on, making it hard to switch off when we finally go to bed. Or a more obvious reason might be that social media is very attractive and simply reduces the time we have for sleep. It seems there is a merry-go-round of interrelated issues at play. Social media is linked to increased depression, anxiety and sleep deprivation. And a lack of sleep can both worsen mental health and be a result of mental health issues. A lack of sleep has other side-effects, too. It has been linked to an increased risk of heart diseases, diabetes, obesity, poor academic performance, slower reaction times when driving, risk behaviour, increased substance use...the list goes on. What's worse is that when it comes to sleep deprivation, it's usually young people who are most negatively affected. That is because adolescence is a time of important biological and social changes that are critical to people's overall development.



(Words: 243)

	STATEMENTS	A	B	C
		TRUE	FALSE	NOT MENTIONED
1.	The writer talks about the positive and negative effects of social media on people's health.			
2.	The aim of the 2017 study was to examine the causes of sleeping problems that many people keep facing in present times.			
3.	The blue light that screens of different technological devices send out makes people feel dizzy and sleepy.			
4.	According to the text, some young people sleep less because of social media use when going to bed.			
5.	A feeling of nervousness may be the result of social media use.			
6.	People who are mentally ill may suffer from lack of sleep.			
7.	Lack of sleep has resulted in serious car accidents.			
8.	Poor school performance is not related to the amount of sleep young people get on a daily basis.			
9.	Social media use has led to an increase in the number of drug addicts.			
10.	Lack of sleep may prevent young people from developing properly, both physically and socially.			

## ΘΕΜΑ 2<sup>α</sup>. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	lack	B.	disease	C.	reaction	D.	performance	E.	behaviour
F.	reason	G.	factor	H.	development	I.	anxiety	J.	risk

11.	The police have every good _____ to believe that he is guilty; the stolen jewellery was found in his car.
12.	The first symptom of the _____ is a very high temperature.
13.	The documentary traced the _____ of popular music through the ages.
14.	Physical activity is an important _____ in maintaining fitness.
15.	That was a very impressive _____ by the young player, who scored 14 points within the first ten minutes.
16.	His answer demonstrated a complete _____ of his understanding of the question; it was obvious that he didn't know what he was talking about.
17.	He has helped many patients suffering from _____, depression and eating disorders.
18.	We want clean rivers and lakes where we would be able to swim without any _____ to our health.
19.	My boyfriend apologized for his bad _____ at the party last night; there was no reason to start an argument with his classmates.
20.	Some people have an allergic _____ to shellfish or nuts.