

## Test : Go to Sleep!



1. The little girl cannot \_\_\_\_\_ unless her mother reads to her.  
a. eat                                      b. play  
c. sleep                                    d. fall asleep
2. \_\_\_\_\_ needs an average of 7 to 8 hours a night.  
a. A baby                                    b. Teenagers  
c. An adults                                d. Children
3. My friend smokes \_\_\_\_\_ of ten cigarettes a day.  
a. a half                                    b. an average  
c. let's say                                d. different
4. Alexander Graham Bell was the \_\_\_\_\_ of the telephone.  
a. maker                                    b. invented  
c. inventor                                d. discoverer
5. Benjamin Franklin, the famous \_\_\_\_\_ and inventor, had four beds.  
a. statesman                                b. writer  
c. president                                d. prime minister
6. Which sentence is correct about "Sleep" ?  
a. Sleep isn't more important than food.  
b. Teenagers sleep longer than adults.  
c. People need more sleep as they get older.  
d. A baby needs 12 hours of sleep every day.
7. Which sentence is not true about the passage of sleep?  
a. Some people need only 3 hours of sleep a night.  
b. After age 50, the average sleep time is 6.5 hours a night.  
c. We spend about a quarter of our lives in sleep.  
d. One in three Americans has a problem with sleep.
8. What does this word " Let's say" in line 3 mean?  
a. to come or put together  
b. to give part of something to someone else  
c. suppose; imagine; for example  
d. saying and doing only true things



9. What does “a person who is 20 or 21 year old or older” refer to?

- a. baby
- b. children
- c. teenager
- d. adult

10. Which word is the same meaning of normal?

- a. special
- b. unusual
- c. ordinary
- d. fantastic

11. I usually wake up when I have a \_\_\_\_\_. I am scared and my heart beats fast.

- a. sweet dream
- b. nightmare
- c. snore
- d. sneeze

12. What does this word “inventor” in paragraph 5 mean?

- a. a person who is first to get an idea for something
- b. a person who make cars or machines
- c. a person who is not first to get an idea for something
- d. a person who is first to help the car accident.

13. Which of the following is a good thing to do fall asleep?

- a. eating too much
- b. relaxing and exercising
- c. go shopping
- d. watch TV.

14. When I eat too much, \_\_\_\_\_.

- a. I can sleep well
- b. I have a nightmare
- c. I have a sweet dream
- d. I can study hard

15. What is the name of the problem for people who cannot sleep?

- a. fall asleep
- b. nightmare
- c. snore
- d. insomnia

