

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

