

Listen and choose correct answers. You will have 20 minutes to listen.

Hand in by 23:00 p.m, October 18th, 2023.

WHY THINKING MAKES US FEEL TIRED?

1) They found that when people think a lot, the brain _____

- a. release is chemical
- b. release as a chemical
- c. releases a chemically
- d. releases a chemical

2) It means the brain tells the body it is tired and that _____

- a. it must rest
- b. it must lest
- c. it must tress
- d. it must trust

3) People who spend more than six hours working on a task that requires a

- a. lot off thought
- b. lot of thought
- c. lot oft thought
- d. lots of thought

4) A period of rest allows the brain to _____

- a. return tomb normal
- b. return too normal
- c. return to normal
- d. return tune normal

5) A power nap can be as short as 20 minutes, but can make us _____

- a. feels totally refreshed
- b. feel totally refreshment
- c. feels totally refreshing
- d. feel totally refreshed

6) Looking at a computer screen and matching different _____

- a. letters that tap pared
- b. letters that upper
- c. letters that appeared
- d. letters that appear

7) Both teams worked for six hours, and had two _____

- a. ten-minute brakes
- b. ten-minute break
- c. ten-minute breaks
- d. ten-minute bleaks

8) The researchers scanned the brains _____

- a. of the participant
- b. of the party sip ants
- c. of the part icy pants
- d. of the party sip pants

9) the group who had the more difficult task _____

- a. had higher level
- b. had higher levels
- c. had heightened levels
- d. had high are levels

10) find out more about how glutamate _____

- a. levels are restore
- b. levels are rest stored
- c. levels are re-storied
- d. levels are restored

NO PAIN, NO GAIN!