# Unit 4 Quiz

Name: _____

Date: _____ Score: _____ / 50 points

**A** **Listen to a conversation between two friends. Then check (✓) the best answers.** [8 POINTS]

1. The woman goes to bed _____.
   - ☐ a. early
   - ☐ b. after 11 o'clock
   - ☐ c. immediately after dinner
2. The woman _____ after dinner.
   - ☐ a. drinks tea
   - ☐ b. drinks coffee
   - ☐ c. doesn't drink anything
3. The woman normally exercises _____.
   - ☐ a. during the 11 o'clock news
   - ☐ b. early in the day
   - ☐ c. at 5 o'clock
4. The man tells the woman that she shouldn't exercise _____.
   - ☐ a. for three hours
   - ☐ b. early in the day
   - ☐ c. right before bed

**B** **Circle the word or phrase that best completes each sentence.** [6 POINTS]

1. *As soon as / Ever since* my alarm goes off, I get in the shower.
2. *From the moment / After* taking a shower, I make coffee.
3. *While / Until* eating breakfast, I watch the news on TV.
4. *Ever since / Right before* leaving for work, I take the dog for a walk.
5. *Right after / Whenever* I'm late, I take a taxi instead of the train to work.
6. *From the moment / Until* I arrive at work, I sit in front of my computer all day.

**C** **Choose the phrasal verb from the box that best completes each sentence.** [6 POINTS]

| | | |
|---|---|---|
| **burn out** | **doze off** | **sleep over** |
| **calm down** | **perk up** | **turn in** |

1. Meditating before I _____ at night helps me to fall asleep more easily.
2. After all the excitement with the fire alarm going off, it was hard for me to _____.
3. I find that going to the gym helps me _____ when I'm feeling sleepy.
4. Because our grandmother lives so far away, she'll _____ at our house tonight and go home tomorrow.
5. Be careful when driving late at night. You might _____ and get into an accident.
6. It's hard not to _____ from working long hours every day.


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**D Match the sentence halves to form logical sentences.** [10 POINTS]

1. I can fall asleep easily most nights unless _____
2. I sleep soundly all night, as long as _____
3. I feel pretty good today, considering that _____
4. I keep a glass of water by my bed in case _____
5. I always go to bed at 10 P.M., even if _____

a. I don't have to get up early the next day.
b. I get thirsty at night.
c. I only got four hours of sleep last night.
d. I start thinking about problems at work.
e. it's not noisy in the house.

**E Circle the expression that best completes each sentence.** [10 POINTS]

1. In the winter, I love to *drift off / toss and turn* under a blanket in my armchair.
2. I have an important meeting, so I'd better *feel drowsy / take a power nap* after lunch.
3. I didn't hear you come in. I must have been *sound asleep / wide awake.*
4. That opera is so long that I'm afraid I'll *nod off / be wide awake* during the performance.
5. I feel great! After that long hike, I'm going to *have a sleepless night / sleep like a log* tonight.

**F Read the article. Then check (✓) true or false.** [10 POINTS]

**Are You a Night Owl or a Morning Lark?**

Humans are programmed to sleep at night and be awake during the day. But some people have a preference for early morning or late evening hours. Experts believe that these people have "body clocks" that are on different schedules from most of us.

A person's body clock, or circadian rhythm, controls sleeping and waking patterns by regulating hormones and body temperature. For most people, the level of melatonin – a calming hormone – rises just before sleep and falls just after waking. The level of cortisol – a stimulating hormone – rises just before waking. Body temperature falls during the night, reaching its low point in the middle of the night.

These variations in hormone levels and body temperature occur earlier for morning larks and later for night owls. People who are morning larks function best during the early morning, and night owls perform best at night. Obviously, this can be a problem if a morning lark has to work the night shift or a night owl has to be at work by 8 A.M.

Light and exercise are the two most effective factors for resetting the body clock. Morning larks can use blackout shades on their windows to limit exposure to morning light, while night owls can exercise in the morning and dim the lights at night an hour before bed. Taking a warm bath before bed also helps night owls, as the drop in body temperature after getting out of warm water prepares the body for sleep.

| | True | False |
|---|---|---|
| 1. A person's body clock regulates hormones and body temperature. | ☐ | ☐ |
| 2. Most people's body temperature rises just before falling asleep. | ☐ | ☐ |
| 3. Night owls can use shades to help them wake up early. | ☐ | ☐ |
| 4. Morning larks should be exposed to light early in the morning to reset their body clocks. | ☐ | ☐ |
| 5. Night owls can take a warm bath to help them sleep. | ☐ | ☐ |


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