

- Question 31:** The passage is mainly about _____.
 A. a TV show about young people in Singapore
 B. a challenging experience of a young student
 C. a young girl's difficulties in earning money
 D. an experience of skyscraper window cleaners
- Question 32:** The word **It** in paragraph 1 refers to _____.
 A. the world
 B. an advert
 C. a TV show
 D. her limit
- Question 33:** According to the passage, Sheena wanted to appear on the show in order to _____.
 A. complete her study
 B. become a cleaner
 C. explore her limit
 D. attend an interview
- Question 34:** The word **tough** in paragraph 3 is closest in meaning to _____.
 A. tiring
 B. boring
 C. negative
 D. difficult
- Question 35:** According to paragraph 3, Sheena did all of the following EXCEPT _____.
 A. dropping out of school
 B. hunting for a job
 C. cleaning the windows
 D. carrying heavy water buckets

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 36 to 42.

Do you find yourself yawning all day at school? You probably need more sleep. However, it is not just how much sleep you get that is important. What you do before bedtime also has a huge effect on how you feel the next day. If you spend time chatting to someone on social media, or reading a book on your e-reader, you are not alone.

All devices' screens give out a large amount of blue light, which affects the body's production of the sleep hormone, melatonin, which can change your sleep patterns. So it is not just getting to sleep that becomes hard, but the quality of your sleep also **suffers**. The result is that you can wake up several times during the night, and have difficulty getting up in the morning.

Sleep is food for the brain, so not sleeping well can be a **severe** problem for anyone, especially for teenagers, because their brains are still developing. When you do not sleep well, it can be difficult to concentrate at school, which makes it harder to learn and get good grades. It can also affect your mood, making you feel sad or anxious.

So, it is clear you should not use your phone before you go to sleep. Why not leave **it** in another room? Nothing on social media is so important that it cannot wait a few hours! You should rediscover paper books and enjoy feeling tired and sleepy before bedtime rather than wondering why your best friend has not liked your photo! How will you wake up? You do not have to use the alarm on your phone. Go and buy yourself an old-fashioned alarm clock! The negative effects that screen time is having on sleep have been in the news a lot recently, so manufacturers of smartphones and tablets have added a feature to the mobile devices that can help reduce these. Most new phones have a night-time setting that changes the colour of the screen so that it gives out less blue light. If you really cannot avoid going onto social media at bedtime, think about turning on this setting on your phone.

(Adapted from *Prepare*)

- Question 36:** Which of the following can be the best title of the passage?
 A. New Devices – Old Functions
 B. Inventions before Social Media
 C. Screen Time before Bedtime
 D. Screen Time – Best Time
- Question 37:** Blue light from digital screens affects _____.
 A. the way people use their devices
 B. people's reading habits
 C. how people communicate
 D. the body's production of melatonin
- Question 38:** The word **suffers** in paragraph 2 is closest in meaning to _____.
 A. gets longer
 B. improves
 C. maintains
 D. becomes worse
- Question 39:** The word **severe** in paragraph 3 is closest in meaning to _____.
 A. potential
 B. serious
 C. basic
 D. obvious
- Question 40:** The word **it** in paragraph 4 refers to _____.
 A. alarm
 B. bedtime
 C. your phone
 D. your photo
- Question 41:** Which of the following is NOT TRUE according to the passage?
 A. Sleeping well is very important to the development of the brain.
 B. Reading printed books makes it difficult to fall asleep.
 C. Exposure to blue light before bedtime does harm to sleep quality.
 D. Poor sleep quality is likely to result in sadness and anxiety.