



## Unit 6 Test | A

## Reading

6 Read the letter and the reply. Choose the correct answer.

## Teenage Advice Forum

Dear Esmé,

*I can't sleep, and my friends at school say you can help me with this problem. Last night, I was at home with my parents. We were watching a concert on TV, and my brother was staying at my uncle's house. Mum and Dad went to bed around 9.30 p.m., and I went up at 10 p.m. I quickly fell asleep, but I woke up about an hour later, at 11 p.m. I felt tired, but I just couldn't sleep, so I got up and went back down to the living room. I sat on the sofa and drank some coffee, then I listened to a lot of hip-hop, but I still didn't feel sleepy. I watched an action film and got to sleep again at 2.30 a.m.*

*Why couldn't I get to sleep last night, Esmé? How much sleep do I need? Please help!*

Gaston, 15

Dear Gaston,

Teenagers need more sleep than adults, around nine hours every night. But scientists think that a lot of teenagers do not get enough sleep, and I'm sorry you didn't sleep well last night. I know you were trying, and it was a good idea to go downstairs for a while, but it's important to do some relaxing things, if you can. For example, you were drinking coffee, which is something that keeps people awake, and coffee can give you a stomachache too. Also, hip-hop and action films are too noisy. Sorry! Next time, just get up and do some yoga, or try to read for a while. Good luck!

Esmé

0 Gaston is asking for help with  
 a sleep.   b friends.   c school.  
 1 Gaston was watching a concert with  
 a his brother.  
 b his mum and dad.  
 c his uncle.  
 2 He went to bed at  
 a 11 p.m.   b 9.30 p.m.   c 10 p.m.

3 What problem did Gaston have last night?  
 a He couldn't fall asleep.  
 b He couldn't stay asleep.  
 c He couldn't wake up.  
 4 Esmé explains that teenagers  
 a need more sleep.  
 b sleep for nine hours.  
 c don't sleep badly.  
 5 Esmé says that, next time, Gaston  
 should try  
 a making a hot drink.  
 b listening to music.  
 c doing slow exercises.

\_\_\_/10

## Language Functions

7 Complete the dialogue with the phrases below. There is one extra phrase.

matter more careful need to painful  
sit down terrible wrong

**Shoko:** Hi, Anton. Do you want to play badminton with me?

**Anton:** No, sorry, Shoko. I feel <sup>0</sup> terrible.

**Shoko:** Really? What's the

<sup>1</sup> \_\_\_\_\_?

**Anton:** Well, I was cooking some pasta for dinner ...

**Shoko:** Oh, no, did you burn your hand?

**Anton:** Yes, I did, and now it's

<sup>2</sup> \_\_\_\_\_.

**Shoko:** Anton, you really should be

<sup>3</sup> \_\_\_\_\_.

**Anton:** I know, but it was an accident.  
The cooker was very hot!

**Shoko:** OK, <sup>4</sup> \_\_\_\_\_, please.  
Did you take a tablet?

**Anton:** No, I didn't. I didn't know what to do.

**Shoko:** It looks bad, Anton. I think you  
<sup>5</sup> \_\_\_\_\_ go to the  
hospital.

\_\_\_/5

**Total:** \_\_\_/50