**Reading 1. Read the text and answer the questions.**

[Our heart responds to music. Our heart rate can speed up or slow down to match the music we hear](https://www.google.com.tr/search?q=our+heart+responds+to+music.Your+heart+rate+can+speed+up+or+slow+down+to+match+the+music+we+hear&spell=1&sa=X&ved=0ahUKEwiDoPfB5afbAhXIJZoKHbZSAFEQBQgmKAA). The slower the music, the more slowly the heart will beat! Lower heartbeat creates less stress and helps the body get better and heal itself. Conversely, a study done with university students found that after listening to loud music by the Rolling Stones, the Beatles, Jimi Hendrix and other similar bands, students had increased heart rates. In another study, it was found that excessive noise may raise blood pressure by as much as 10%. However, listening to soft music can lower it. Hospitals and clinics around the world use music therapy, and not only on their patients. In a 1995 study, it was found that surgeons who listened to the music of their choice while operating had lower blood pressure and a slower heart rate and could perform mental activities more quickly and accurately.

The natural healing chemicals (endorphins) created by the joy and emotional richness in music enable the body to create its own anaesthetic. The studies of Professor Paul Robertson of Kingston University in Ontario, Canada, show that patients who are exposed to 15 minutes of soothing music require only half the recommended doses of sedatives and anaesthetic drugs for painful operations. One music study also found that half of the mothers who listened to music during childbirth did not require anaesthesia. Due to the fact that music simulates endorphin levels and provides a distraction from pain and anxiety, the University of Massachusetts Medical Center prescribes harp music instead of painkillers for cancer patients. In Japan, Western classical and romantic music is sometimes prescribed for various ailments. For instances, Mendelssohn’s ‘Spring Song,’ Dvorak’s ‘Humoresque’ and George Gershwin’s ‘an American in Paris’ are suggested for headaches and migraines.

Our brain waves vibrate at different speeds during different activities. The slower the brain waves, the more relaxed and peaceful we feel. Stimulating music has been found to produce beta waves, which prepare us for quick responses to external events; relaxing music can generate alpha waves, which focus the mind for quiet concentration. It has been found that music of about 60 beats per minute can change brain waves from the beta to the alpha. Therefore, playing music at home, in the office or in school can help a person to focus. If you are daydreaming or unfocused, a little Mozart and Baroque background music for 10 to 15 minutes can help to make you more aware and increase your mental organization.

Nowadays, dentists often offer headphones to their patients, knowing that the effects of music can mask the unpleasant sounds of the drill and calm the patient. Also, it is not uncommon to see patients listening to soft music while having an operation.

Psychologists have found that nonverbal expression of angry or aggressive feelings can provide a valuable emotional release and prevent physical and psychological health risks.

By slowing the tempo (speed) of the music you are listening to, you can contribute to your own calmness. Music with longer, slower sounds can deepen and slow the breath, allowing your mind to calm. Many people believe that New Age music has this effect.

When you do aerobics exercises, you move to music. Researchers have found that exercisers match their movements to the rhythm and tempo of the music they hear. They found that those who listened to music while they exercised improved their attitude as well as their strength. All in all, music is magical and has tremendous effect on our body, mind, emotions and lives.

1. It can be inferred from paragraph 1 that, people with high blood pressure \_\_\_\_\_\_.

A) should not listen to soft music.

B) respond to music better than people with low blood pressure.

C) are stressed and have slow heart rates.

D) should try to avoid listening to very loud music.

2. One study shows that increased endorphin levels \_\_\_\_\_\_.

A) make it difficult to sleep.

B) help the patients feel less pain.

C) are the result of sedative drugs.

D) are only observed in mothers during child birth.

3. ***Joy*** in paragraph 2 means \_\_\_\_\_\_.

A) sadness B) therapy C) anxiety D) happiness

4. Mozart’s music \_\_\_\_\_\_.

1. generates alpha waves.
2. should not be listened to for more than 10 minutes.
3. generates beta waves.
4. may make the listener daydream and lose concentration.

5. Which of the following statements is NOT TRUE according to the passage?

1. Music reduces both physical and psychological health risks.
2. Patients do not want to listen to music in the operating room.
3. New Age music gives many of its listeners a feeling of calmness.
4. Doing exercises together with music improves attitude and strength.

**Cevap Anahtarı: 1. D 2. B 3. D 4. C 5. B**