

Department of English
UAP
Semester: Fall 2023
Reading Comprehension
Course Instructor: SJS

Total Time: 20 minutes

Total Marks: 10

Part 1: Reading (CLO 1 & 3)

Read the passage and answer the questions that follow. Do not copy any sentences from the passage.

Sleep and Our Health

It is **estimated** that the average man or woman needs between seven-and-a-half and eight hours' sleep a night. Some can manage on a lot less. Baroness Thatcher, for example, was reported to be able to get by on four hours' sleep a night when she was Prime Minister of Britain. Psychologists state that healthy individuals sleeping less than five hours or even as little as two hours in every 24 hours are rare, but represent a sizeable minority.

The latest beliefs are that the main purposes of sleep are to enable the body to rest and replenish, allowing time for repairs to take place and for tissue to be regenerated. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone somatotropin, which helps tissue to **regenerate**, peaks while we are asleep. Lack of sleep, however, can compromise the immune system, muddle thinking, cause depression, promote anxiety, and encourage irritability.

Researchers in San Diego deprived a group of men of sleep between 1 am and 5 am on just one night and found that levels of their bodies' natural defenses against viral infections had fallen significantly when measured the following morning. Because it can seriously undermine the functioning of the immune system, sufferers are **vulnerable** to infection.

For many people, lack of sleep is rarely a matter of choice. Some have problems getting to sleep and others with staying asleep until the morning. Research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated.

In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, the slumber is so deep that, if awoken, the sleeper would be confused and **disorientated**. In the fifth stage, the rapid eye movement (REM) stage, the heartbeat quickly gets back to normal levels, brain activity **accelerates** to daytime heights and above and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralyzed. This REM phase is also the time when we dream. (371 words)
(Source: <https://mini-ielts.com/994/reading/lack-of-sleep>)

1. Answer the following questions.

(1x5=5)

- a. What are the main purposes of sleep according to recent beliefs?
- b. Why is sufficient sleep necessary for the body to replenish?
- c. What is the minimum required duration of sleep for people in general?
- d. During which phase of sleep do dreams occur?
- e. How does sleep deprivation affect our health?

2. Find out the following words in the passage and select the meaning you think is most likely to correspond among the choices given.

(1x5=5)

- i. 'regenerate' means: a) remodel b) damage c) change d) revive
- ii. Antonym for 'disoriented' is: a) lucid b) unstable c) imbalanced d) befuddled
- iii. Antonym for 'estimate' is: a) approximated b) miscalculate c) gauged d) evaluated
- iv. 'vulnerable' means: a) protected b) unguarded c) passive d) tender
- v. 'accelerate' means: a) roll b) speed up c) open up d) cease