[Loai: ĐỌC HIỂU ĐỀ 10 – 8 CÂU]

[Q]

R**ead the following passage and choose the correct answer to each of the questions from 33 to 40.**

Mobile phones and email allow us to stay in touch **round the clock** and late-night TV and the Internet tempt us away from our beds. When we need more time for work or pleasure, the easy solution is to sleep less. The average adult sleeps only 6.2 hours a night during the week, whereas research shows that most people need eight or even eight and a half hours' sleep to feel at their best. Nowadays, many people have got used to sleeping less than they need and they live in an almost permanent state of ‘sleep debt’.

Modern society has invented reasons not to sleep. We are now a 24/7 society where shops and services must be available all hours. We spend longer hours at work than we used to, and more time getting to work.

Until the invention of the electric light in 1879 our daily cycle of sleep used to depend on the hours of daylight. People would get up with the sun and go to bed at nightfall. But nowadays our hours of sleep are mainly determined by our working hours (or our social life) and most people are woken up artificially by an alarm clock. During the day caffeine, the world's most popular drug, helps to keep us awake. 75% of the world's population habitually consume caffeine, **which** up to a point masks the symptoms of sleep deprivation.

We live in a world of tired, sleep deprived people. In his book *Counting Sheep*, Paul Martin - a behavioral biologist - describes a society which is just too busy to sleep and which does not give sleeping the importance it deserves.

What does a chronic lack of sleep do to us? As well as making us irritable and unhappy as humans, it also reduces our motivation and ability to work. This has serious implications for society in general. Doctors, for example, are often chronically sleep deprived, especially when they are on 'night call', and may get less than three hours’ sleep. Lack of sleep can seriously impair their mood, judgment, and ability to take decisions.

*(Source: New English File Upper-intermediate by Clive Oxenden and Christina Latham-Koenig, OUP)*

Q 33

According to the passage, which of the following statements is TRUE about Paul Martin?

1. He shows his concern for sleep deprivation in modern society.

0. He describes the modern world as a place without insomnia.

0. He is a scientist who is chronically deprived of sleep.

0. He gives an interesting account of a sleepless society.

[Q]

The phrase “**round the clock**” in the second paragraph is similar in meaning to \_\_\_\_\_\_.

0. surrounded with clocks.

0. having a round clock.

0. during the daytime.

1. all day and night.

[Q]

The writer mentions the Internet in the passage as \_\_\_\_\_\_.

0. an easy solution to sleep deprivation

1. a temptation that prevents us from sleeping

0. a factor that is not related to sleep deprivation

0. an ineffective means of communication

[Q]

According to the third paragraph, which of the following statements is NOT TRUE?

0. The electric light was invented in the 19thcentury.

0. The sun obviously determined our daily routines.

0. The electric light has changed our daily cycle of sleep.

1. Our social life has no influence on our hours of sleep.

[Q]

The word “**which**” in the third paragraph refers to \_\_\_\_\_\_.

0. the world’s population

1. caffeine consumption

0. reaching a point

0. masking the symptoms

[Q]

Which of the following is TRUE, according to the last paragraph?

1. Sleep deprivation has negative effects on both individuals and society.

0. Doctors ‘on night call’ do not need more than three hours of sleep a day.

0. Thousands of people are killed every day by drunken drivers.

0. Our motivation decreases with the bigger number of hours we sleep.

[Q]

Which of the following would the writer of the passage approve of?

1. Both drunken drivers and sleep-deprived people should be criticized.

0. There is no point in criticizing irresponsible people in our society.

0. We certainly can function well even when we hardly sleep.

0. Our world would be a much safer place without drinkers.

[Q]

Which of the following could best serve as the title of the passage?

0. A Well-known Biologist

1. Sleep Deprivation: Causes and Effects

0. Accident Prevention: Urgent!

0. A Society of Sleepless People