**罗湖外语初中学校**

**初三英语学业水平评估试卷(第3周)**

**阅读理解 第一节** 阅读下列短文，从每小题所给的A、B、C、D四个选项中选出最佳选项，并在答题卡上将相应字母编号涂黑。

Having a good sleep is always my dream. Ever since I was a teenager, I’ve had problems falling and staying asleep. When I do fall asleep, an hour later I’m right back up, worrying about study or the kids or something stupid I did in high school. It was like I couldn’t turn my brain off.

The doctor told me that I couldn’t sleep well because of worries. But I considered myself a positive person, and my sleep problems have given me too much trouble. So I decided to do something about it, and I carefully found the solutions to the problems.

So I read lots of research. Along the way, I learned a surprising fact. A study form the Perelman School of Medicine at the University of Pennsylvania found that about 25% of all Americans experience insomnia (失眠) each year. That’s awful! Suddenly, I wasn’t doing research just for myself anymore. I was doing something to help all my readers experience a better night of sleep. So I started trying different methods and recording my results.

First, I got a white noise machine. My mind just focused on the noise, and it ended up having an opposite effect. Then I tried earplugs. However, it’s hard to fall asleep with earplugs in! They were very uncomfortable! After that, I tried to take Xanax. But once again. I didn’t love it. Even though it helped me get to sleep and stay asleep, it left me feeling weak the next day. If I kept taking it, I thought it would do harm to my health.

Recently, I have kept reading articles about how a new blanket(毛毯), the Odyssey Blanket, was supposed to be good for sleep and anxiety. But even though I saw it again and again, I didn’t pay much attention to it because I didn’t believe a blanket would help. But the more I read, the more it seemed like this blanket might be a good idea.

**...**

21. What does the author tell us in describing her sleep problems?

A. She didn’t do well in high school.

B. She can’t have a sleep for a minute.

C. She has suffered from the problems for many years.

D. Taking care of her kids didn’t allow her to get enough sleep.

22. The underlined sentence “I couldn’t turn my brain off ” probably means \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. I couldn’t stop thinking B. I couldn’t close my brain
2. I couldn’t cheer me up D. I couldn’t look on the bright side
3. What can we learn from paragrph 3?  
    A. The auther was doing research just for herself. .

B. The auther did nothing about her sleep problems.

1. The auther was not positive about her sleep problems.
2. The auther was surprised to find that many Americans have sleep problems.
3. What may Xanax be according to the passage?

A. A machine to help fall asleep. B. Soft music to help calm down.

C. Medicine used to help fall asleep D. A tool used to cover the face..

25. What may the author tell in the next paragraph?

A. To show how she fought against insomnia.

B. To talk about all her new findings in research.

C. To warn readers not to be cheated by sellers.

D. To share the experience of using a new blanket.

**第二节 短文填空** 请阅读下面的短文，并从下列方框里的六个句子中选择五个还原到原文中，使原文的意思完整、连贯，并在答题卡上将相应的字母编号涂黑。

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| --- |
| A. There are many reasons that lead to being impatient.  B. The good news is that we can all learn to be patient.  C. Once you’ve found that cause, it will be a lot easier to break the bad habit.  D . As a grown-up, maybe you press the “close door” button in the lift many times.  E. The time we save to get to our place faster is not worth the price we pay for our health.  F. However, if you want your satisfaction right now without considering future benefits, it’s a sign of impatience. |

You may not consider yourself a patient person. Maybe your first-grade teacher pointed this out when you were pulling the door open before the bell even sounded. \_\_\_\_26\_\_\_\_ You’re not alone. Impatience has become a sign of a troubled society.

\_\_\_\_27\_\_\_\_ As we all know, in traffic, being impatient and making wrong decisions can lead to serious accidents. In addition, there is a close relationship between impatient people and many health problems.

A 2011 study, for example, suggests impatience may even make us fat. If you are willing to give up present satisfaction for future benefits, it shows you are the patient type. \_\_\_\_28\_\_\_\_ You don’t need to do a lot of research to connect impatience with high blood pressure and even heart disease. Besides, being impatient could cause anxiety. And if you’re always anxious, your sleep could be affected too.

So learning to be patient is important. \_\_\_\_29\_\_\_\_ The first thing to do is to be aware that you have a problem. There are all kinds of everyday situations that test patience and find the reason which makes you impatient. \_\_\_\_30\_\_\_\_ Most importantly, we should change the way we understand the situation. If you’ve made it, congratulations! You’re already on your way.