

TEST 9

I. Choose the words that best complete the sentences in the text.

Sleeping disorders like insomnia can (1) to be a worrying question for many of us. Almost anyone can easily conjure (2) at least one sleepless night of (3) and turning in bed awaiting the bliss of a deep dream. Most probably, a third of us (4) the distressing experience at least once a week.

Even though it is possible for people to (5) without any sleep at all for a certain period of time, such occurrences are rather few and far (6) and there is no evidence to (7) this assumption. What is sure, however, is the fact that we do need some sleep to regenerate our strength and to (8) the brain to its proper activity. No wonder, then, that the tiredness and fatigue that appear after a sleepless night (9) many of us to go for chemical support in the form of sleep (10) tablets or powders.

However long the problem of sleeplessness has afflicted many individuals, very little has been (11) in the question of its original causes. We are conscious that it usually (12) those who are exposed to a great deal of stress, anxiety or depression. It may also be (13) by overworking or unfavourable surroundings with scarcity of fresh air.

Sleeping pills may provide some relief and can act as an alternative in this desperate situation. Yet, they do little to combat the ailment in full. Consequently, our hopes should be (14) on the medical authorities to (15) the root cause of insomnia before we take to being nocturnals leading our noisy lives in the dead of night.

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| 1. a) present | b) entail | c) realize | d) prove |
| 2. a) up | b) about | c) off | d) out |
| 3. a) rolling | b) wriggling | c) tossing | d) spinning |
| 4. a) underpass | b) undergo | c) underlie | d) undertake |
| 5. a) operate | b) process | c) function | d) perform |
| 6. a) between | b) along | c) within | d) beyond |
| 7. a) proclaim | b) endure | c) invalidate | d) substantiate |
| 8. a) recuperate | b) restore | c) revive | d) resume |

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| 9. a) exert | b) affect | c) enforce | d) compel |
| 10. a) inducing | b) attaining | c) exacting | d) contributing |
| 11. a) disparaged | b) retrieved | c) detected | d) originated |
| 12. a) betrays | b) besets | c) bemoans | d) bestowes |
| 13. a) engendered | b) applied | c) instigated | d) evolved |
| 14. a) placed | b) ascribed | c) focused | d) attached |
| 15. a) emerge | b) release | c) determine | d) confess |

II. Put the words in the correct form.

- If we hadn't (ECONOMY) on food and water, we wouldn't have survived a single day in the cave.
- The witness claimed she was capable of discovering the man's evil intentions from the (MURDER) look in his eyes.
- Jane's been granted a one year (SCHOOL) at one of the most renowned universities in Europe.
- Our father is a firm (BELIEVE) in faith healing. He even tries to propagate it among his friends.
- 'Have you got any (GIVE) about the cooperation?' 'Oh no, I'm sure it will be successful.'
- Andrew says the local library should be subsidized by the tax payers, but most of us disagree with his (JUDGE).
- It's most (DESIRE) that all our employees should take a course in self-defence.
- Mr Cramp couldn't find any (APPLY) for the welding machine in his workshop and, finally, he sold it to his brother-in-law.
- Everybody was surprised at his (EXPECT) explosion of anger. Before, he had said he was satisfied with the outcome of the negotiations.
- Since she retired she hasn't got much to do, and so she has taken up embroidering out of (BORE) .
- The police forces which arrived after a short while were completely (POWER). They couldn't stop the mob from fighting by any means.
- We were shown a rich (VARY) of woolen sweaters in different colours and sizes.