

Read the questions below and then quickly scan the article to find the answers.

1. According to the article, what are 2 characteristics of sleep? Put check marks (✓) beside the correct answers.

(2 points)

- Loud and excessive snoring
- Loss of consciousness
- Slowing of functions of body and mind
- Dreaming and night terrors

2. What are two reasons we need sleep?

(2 points)

- *for the preservation of life*
- *to recuperate from the effect of waking activity*

3. What do modern physiologists believe causes normal sleep?

(1 point)

*A combination of bodily changes*

4. Fill in the chart below with the effects of sleep on the body.

(4 points)

PART OR FUNCTION OF THE BODY	EFFECT
<i>Rate of breathing (or respiration)</i>	slowed
Circulatory activity	lowered
Body temperature	<i>lowered</i>
<i>Skeletal and visceral <u>muscles</u></i>	relaxed
Pattern of electric discharges	<i>altered</i>

GO ON TO THE NEXT PAGE

4. What is the difference between the function of the senses during sleep and wakefulness?

(1 point)

*It (the function of the senses) is much less sensitive*

5. Is this sentence TRUE or FALSE.

(1 point)

**It requires more noise to wake a sleeping person during the first hour of sleep than during the second hour.**

TRUE     FALSE

6. What is the evidence that there is activity in the higher centers of the brain during sleep?

(1 point)

***Occurrence of dreams or dreaming***

7. Do we need more or less sleep as we grow older? \_\_\_\_\_

(1 point)

8. Match the **TERMS** with the **DEFINITIONS** by putting the letter of the correct definition in front of the term.

(3 points)

<u>TERMS</u>	<u>DEFINITIONS</u>
<u>b</u> Insomnia	a. Sleepwalking
<u>a</u> Somnambulism	b. Inability to sleep
<u>c</u> Somniloquy	c. Sleep talking

9. According to the article, does drinking coffee prevent sleep for most normal people?

(1 point)

YES     No

**END OF READING 1**

**READING 2: "THREE HOURS OF SLEEP 'IDEAL', SAYS DOCTOR"**

**(10 minutes/14 points)**

Read the questions below before reading the article. Now quickly glance through the article to find the information.

1. What are the best times to sleep according to Dr. Chauve?  
(1 point) ***from 3 a.m. - 7 a.m. and 12 p.m. - 3 p.m.***
2. Chauve measured sleep and ***alertness*** with electrodes and  
(4 points) concluded that night workers should take ***20 minute*** sleep breaks between ***3 a.m. and 7 a.m.*** to fight tiredness.
3. What happens to the body temperature at certain times of the day?  
(1 point) ***It falls.***
4. What are the three stages of each sleeping cycle?  
(3 points) a. ***Falling to sleep***  
b. ***Deep sleep***  
c. ***Dreaming***
5. Which cycles are the most productive? ***Falling to sleep, deep sleep.***  
(1 point)
6. Why is it best to wake spontaneously? ***Provoked waking makes it difficult to get***  
(1 point) ***up.***
7. List three substances that people believe help you stay awake longer.  
(3 points) a. ***Coffee***  
b. ***Chocolate***  
c. ***Cigarettes***  
***Amphetamines***

**END OF READING 2**

## LISTENING SECTION

(15 minutes/36 points)

During this part of the test you will hear a taped lecture on the topic of sleep. The tape will be played only once. You must answer the questions while you are listening to the tape. The questions follow the sequence of the lecture. Do not stop to rewrite your answers during the listening. At the end of the lecture you will have 5 minutes to go over your answers. Take three minutes now to read over the questions before listening to the lecture.

Answer these questions while listening to the tape.

1. According to the lecturer, what three (3) things do many people wish they had more of?  
(Put check marks ✓ beside the correct answers.)  
(3 points)

- Hours in a day
- Money
- Time
- Adequate Sleep

2. Is this statement **TRUE** or **FALSE**? (Put check marks ✓ beside the correct answers.)  
(1 point)

**The average length of sleep for most people is 10 hours.**

- True                       False

3. Choose the correct definition of **CATNAPPING**. (Put a check ✓ beside the correct answer.)  
(1 point)

- Sleeping with a cat
- Sleeping for short stretches of time
- Sleeping for a short time at night

GO ON TO THE NEXT PAGE

4. What was Dr. Stampje interested in?

(1 point)

*Interested in the length of time people need to sleep when he heard about the sleep pattern of Leonardo da Vinci.*

5. According to legend, what was the total length of time Leonardo da Vinci slept each day?

(1 point)

*1 2 hrs a day or 90 min.*

6. Fill in the chart below with information describing our bodies, natural rhythm.

(2 points)

Every 4 hours we experience.....		
<i>1. Reduced alertness</i>	2. Reduced energy	<i>3. Increased sleepiness</i>

7. How did using a **sleep-reduction technique** benefit Leonardo da Vinci?

(1 point)

*This technique gave him more time to produce.*

GO ON TO THE NEXT PAGE

8. Fill in the chart below with information about the sleep-wake cycle of da Vinci and the volunteer artist for Dr. Stampje's research.

(2 points)

person	total sleep in 24 hrs.	length of sleep time	length of wake cycle
Leonardo da Vinci	90 min. or 12 hrs.	15 minutes	• <b>4 hour cycle</b>
volunteer artist	162 min. or 2 hrs. 42 min	• <b>27 min.</b>	4 hour cycle

9. How can a person reduce his/her sleep to 5 or 6 hours a day?

(1 point)

**Gradually**

10. Was the artist able to function on the reduced sleep schedule?

(1 point)

**Yes**

11. A year later the artist volunteered for another sleep test. Which wake-sleep cycle did he chose? (Put a check U beside the correct answer.)

(1 point)

- 15 minutes every 2 hours for 4 months
- 30 minutes every 4 hours for 2 months
- 27 minutes every 4 hours for 3 weeks
- 20 minutes every 2 hours for 2 months

12. How does the lecturer define "baseline level"?

(1 point)

**you don't feel sleepy when you are awake**

GO ON TO THE NEXT PAGE

13. Why is it premature to think that we can reduce our sleep the way the artist did in the research study?

(2 points)

- *We don't have enough information*
- *We don't know what kind of problems might result*

14. Take notes on the similarities and differences of the sleep cycles of humans and other animal species.

(4 points)

*We are the only species that has one major sleep episode a day.*

*We don't nap and wake several times a day.*

*New-born and old people do nap and behave more like other animals.*

*Perhaps we can reduce our sleep episodes to be more like animals.*

15. Why did the actor stop following the 15-minute-every-four-hours sleep schedule?

(1 point)

*He was isolated or lonely.*

16. Fill in the chart below with information about the Canadian study of habitual napping.

(4 points)

CANADIAN STUDY OF HABITUAL NAPPING		
where	description of study	findings of study
University of Ottawa and the Sleep Disorders Clinic at the Ottawa General Hospital	The effects of regular afternoon naps on: <ul style="list-style-type: none"><li>• <i>performance</i></li><li>• <i>health</i></li></ul>	1. Protects people against <ul style="list-style-type: none"><li>• <i>heart attacks</i></li><li>• High blood pressure</li></ul> 2. <i>Increases alertness</i>

GO ON TO THE NEXT PAGE

17. What is then North American attitude toward napping in the afternoon?  
(1 point)  
***It's not acceptable***
18. Which industry is changing its attitude towards napping during the day?  
(1 point)  
***The Airline industry***
19. What is the common Canadian sleep pattern?  
(1 point)  
***Go without sleep during the week and try to catch up on sleep on the weekend.***
20. The brain is programmed for two (2) sleep periods in twenty-four hours. When are they?  
(2 points)  
***At night***  
***Afternoon, after lunch***
21. What price do we pay for ignoring these natural sleep cycles?  
(1 point)  
***Second highest rate of death of all time in afternoon or PM has highest rate of work related accidents***
22. What are the two (2) best lengths of time to nap?  
(2 points)  
***twenty minutes***  
***eighty minutes***
23. According to this researcher, how many hours of sleep does the average adult need?  
(1 point)  
***7 2 in 24 hours***

**END OF LISTENING SECTION**