



Q1: Read the texts and answer the questions:

(14 marks)

(A)

Stage 5 is called the REM (Rapid Eye Movement) stage. Although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage. Our heartbeat and breathing become faster, and this is when dreams are most frequent. This stage makes up about 20% to 25% of a young adult's sleeping time.

- 1-What is meant by REM?
- 2- What happens to our eyes during this stage?
- 3- How much does this stage make up of our sleeping time?
- 4-Find a word from the text which means "Fast"

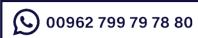
(B)

Sleep is an essential part of life. Although we think of sleep as a time when we rest completely, it's actually a very busy period for the brain. Scientists claim that sleep is the time when information is sorted and stored by the brain. Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

- 1- Find a word from the text which means "Necessary and important".
- 2- Why is sleep important?
- 3- What happens to information while sleeping?

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Q2: Fill in the blanks with the correct words from the box, one word isn't needed:

(5 marks)

monitored – gra	stoful — annoa — inahilit	v — snores — confident
momtoreu – gra	ateful – apnea – inabilit	y – shores – confident
1- The lady was	to the hospital sta	aff after she had given a bi
2- I can't sleep well	at night, because my b	rother loudly.
3- The nurse	the patient's oxygen	levels all night.
4- My son is always	He takes dec	isions without hesitation.
5 could p	revent you to sleep pro	operly at night, because of
lack of oxygen.		
Choose the correct	t alternative from the s	viven choices. (10 marks)
		given choices. (10 marks)
1- I would stay at I	home if youth	ere.
1- I would stay at I		ere.
1- I would stay at I a) stay	home if youth	ere. c) had stayed
1- I would stay at I a) stay 2-Scentists	home if youth	c) had stayed e sleep stages.
a) stay  2-Scentists  a) are/identifying	home if youth b) stayed already five	ere.  c) had stayed e sleep stages. c) have/identified
a) stay  2-Scentists  a) are/identifyir  3-Cars alv	home if youth b) stayed alreadyfive ng b) will/identify	ere.  c) had stayed e sleep stages.  c) have/identified nechanic.
a) stay  2-Scentists  a) are/identifyin  3-Cars alv  a) are/repaired	b) stayed already five b) will/identify ways by the m	c) had stayed e sleep stages. c) have/identified nechanic. c) will/repair
a) stay  2-Scentists  a) are/identifyin  3-Cars alv  a) are/repaired	b) stayed  already five  b) will/identify  ways by the m  b) are/repairing	c) had stayed e sleep stages. c) have/identified nechanic. c) will/repair

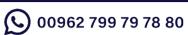
a) are/being

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c) have/been

b) will/be







Q4: What advice would you give to three people who have these problems?	(6 marks)
1- Mariam spends many hours a day using the computer. Her eget red.	eyes 
2- Jamal has a mid-term exam, and he hasn't started his study	yet.
3- Your brother stuck in the traffic jam, and he couldn't park hi	s car.
Q5: Write a paragraph talking about a dream that you once had.	(5 marks)

# Best Wishes

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#### **Answers**

#### Question 1:

(A)

- 1- REM refers to (Rapid Eye Movement)
- 2- Our eyes are moving very quickly beneath our eyelids during this stage.
- 3- This stage makes up about 20% to 25% of a young adult's sleeping time.
- 4- Fast means "quickly"

(B)

- 1- Essential
- 2- Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.
- 3- information is sorted and stored by the brain during sleep.

#### **Question 2:**

1- grateful 2-snores 3- monitored 4 - confident 5- apnea

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#### **Question 3:**

1-b) stayed

2- c) have/identified

3- a) are/repaired

4-b) going

5- c) have/been

#### **Question 4:**

- 1- I would spend few hours on computer if I were you.
- 2- If I were you, I would start studying and wouldn't lose any minute.
- 3- You should ask someone to park your car to stop the traffic jam.

#### **Question 5:**

Student's own answer

منصة أساس التعليمية