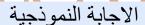
The first assessment

السوال الأول

Sleep is an essential part of life. Although we think of -1 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

?Why is sleep important

Sleep is important for reducing stress and keeping the .heart, the immune system and the memory healthy



Sleep is important for reducing stress and keeping the .heart, the immune system and the memory healthy

الشرح

Sleep is important for reducing stress and keeping the .heart, the immune system and the memory healthy السؤال الثاني

Stage 1 is when we begin to fall asleep. The brain tells -2 the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adult's sleeping .time

Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about .44% to 55% of a young adult's sleeping time

Stages 3 and 4 are when we sleep most soundly. Now the brainwaves and heartbeat are at their slowest and our muscles become very relaxed. We might have some dreams in this stage, which makes up about 15% to 23% .of a young adult's sleeping time

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

?In which stage do we sleep most soundly

الاجابة النموذجية

STAGES 3 AND 4

الشرح

STAGES 3 AND 4

السوال الثالث

.You're like this when you're asleep -3

heartbeat muscle stress relaxed الاجابة النموذجية relaxed الشرح relaxed السؤال الرابع

I felt very _____ on the day of the exam because I -4 .had studied very hard

worried
happy
stressed
confident
الاجابة النموذجية
confident

الشرح confident السؤال الخامس

It would be better if I studied more in the morning -5 .rather than late at night

.The previous sentence expresses a suggestion

True False الاجابة النموذجية False الشرح It expresses advice السؤال السادس

.grateful" is a positive adjective"-6

True False

الاجابة النموذجية

True

الشرح

.grateful" is a positive adjective"-6

السوال السابع



?What does the man in the first picture suffer from

الاجابة النموذجية INSOMNIA

الشرح INSOMNIA السؤال الثامن

Read the quotation. Translate the quotation into -8 .Arabic

Early to bed, early to rise, makes you healthy, wealthy .and wise

الاجابة النموذجية النوم مبكراً والاستيقاظ مبكراً يكسبان الانسان صحةً وثروةً وحكمةً. الشرح النوم مبكراً والاستيقاظ مبكراً يكسبان الانسان صحةً وثروةً وحكمةً. السؤال التاسع

It is important to treat the causes of insomnia instead -9 of using medicine. If you suffer from insomnia, you need to deal with the issues and anxieties that are making you stressed. You need to establish a set routine, so that you regularly go to bed and get up at the same time. Recent research has shown that taking a bath can help you go to sleep. Also, doing more exercise during the day and having a warm milky drink before bed can help you

.....The best heading is

.relax, too

?How can insomnia be treated 1 ?What effects does insomnia have 2 ?What are the causes of insomnia 3 ?What is insomnia 4

الاجابة النمو ذجية

?How can insomnia be treated 1

الشرح

?How can insomnia be treated 1 السؤال العاشر

I would rather go out. we go to the -10 ?beach instead

Shall How about Why don't you Let's الاجابة النموذجية Shall

الشرح

we go to the beach instead **Shall** .I would rather go out -10? السؤال أحد عشر

.ruby" is a kind of science"11

True False الاجابة النموذجية False

الشرح p**recious stones** It is a kind of.

السؤال اثنا عشر

I work in a bank in the City of London. I earn a lot of -12 money and have an interesting job, but sometimes I feel really stressed. I travel to work by train, but it takes three hours every day, which is very exhausting. To forget all the stress of the day, I go running after work. Jogging is a great form of exercise. I immediately stop feeling so tense and begin to relax

.Find a non-defining relative clause from the text

الاجابة النموذجية "which is very exhausting."

الشرح ".which is very exhausting ,"

المعلم الالكتروني الشامل