



Prova d'accés a la Universitat (2008)

Anglès

Model 1

Read the passage carefully and answer the questions in English. USE YOUR OWN WORDS AS FAR AS POSSIBLE.

Time allowed: 1 hour and 30 minutes. Total score: 10 points.

U.S. huge "sleep debt"

According to sleep experts, the average adult requires seven to eight hours of sleep per night. Anything less may damage their health. A lack of sufficient sleep can affect cognitive abilities, diminish the immune system, and even increase the risk for diseases like diabetes.

"Sleep is just as important to our overall health as are exercise and a healthy diet," said Carl Hunt, the director of the National Center on Sleep Disorders Research in Bethesda, Maryland. Sleep is a biological need, much like food and water. If totally prevented from sleeping, humans ultimately die. Yet millions of Americans are increasingly reducing their sleep time. Today, Americans on average sleep one hour less per night than they did 20 to 30 years ago.

"The dependency on caffeine and the whole Starbucks culture is certainly one proof that our society is sleepier than ever before," said William Dement, a pioneering sleep researcher at Stanford University in Palo Alto, California. Hunt also added that "modern lifestyle changes are directly affecting not only the number of hours Americans sleep each day, but also the time of the day that sleep occurs." Thus, studies show that one in five adults suffer from daytime sleepiness. In fact, 50 percent of people aged 18-34 say that daytime sleepiness interferes with their daily work. The costs are enormous: 15 billion dollars (U.S.) in health care expenses and as much as 50 billion dollars in lost productivity in the United States alone, according to one estimate.

"Without sufficient amounts of sleep, we feel tired and are unable to concentrate," Hunt further explained. He noted that without getting enough sleep, some people can develop mood changes and can even begin to hallucinate, "all of which can lead to reduced quality of life." What most people do not realize, researchers say, is that not getting enough sleep also accumulates over time. People end up building up a "sleep debt," which cannot be eliminated by a simple short sleep at the weekends. The problem is that most people are nowadays carrying a huge sleep debt and do not seem to know it.

Adapted from 'National Geographic News', February 24th 2007.

Vocabulary: sleepier (adj.) = more tired and ready to go to sleep.



1. Say whether the following statements are TRUE or FALSE. Explain WHY using your own words OR finding evidence in the text. NO marks are given for only TRUE or FALSE. (1 point)

- a) Sleeping less than seven hours per night may affect adult's health in a negative way.
- b) People need to sleep as much as they need to eat and drink.
- c) Americans' lack of sufficient sleep does not affect U.S. economy.
- d) Most people are nowadays aware that they are accumulating a huge "sleep debt".

2. In your own words and based on the ideas from the text, answer the following questions. (2 points)

- a) What evidence does William Dement use to explain the fact that American society is nowadays sleepier than ever before?
- b) According to Hunt, how can a lack of sufficient sleep affect people's quality of life?

3. Find in the text words or phrases which mean the same as the following (1 point):

- 1) Standard or ordinary type.
- 2) Disposition, humour.
- 3) Not having the skill or strength to do something.
- 4) Enormous, large.

4) Follow the instructions for each question and answer them (2 points):

4.1) Write a question for the underlined words of the sentence below.

'I only slept five hours yesterday night'.

4.2) Join the following two sentences with a relative pronoun, beginning with the words given.

'Some people don't get enough sleep. These people are later unable to concentrate'.

People _____

4.3) Finish this sentence so that it means the same as the sentence before it by using a modal verb:

'It is advisable that you get some sleep before the examination'.

You _____

4.4) Finish this sentence so that it means the same as the sentence before it:

'How much coffee did you drink yesterday?', she asked Peter.

She asked Peter _____

5. Choose ONLY ONE of the following options. (4 points)

Write a composition of 120-150 words on:

- a) Why do you think people in general sleep less now than before? Do you think the pace of modern life may be bad for us? Explain.
- b) Do you think you manage your time and energy effectively? How do you deal with stress? Explain.