



123456-99-99

## Task 5

### Questions 33-40

Read and complete the text below.

Fill each space (33-40) with **one** word. Write the correct answer **only** here in this exam booklet. There is an example at the beginning (0).

### Sleeping Problems

Dr Stanley Gordon, a sleep expert, believes that the reasons we can't sleep are quite obvious. People (0) take less exercise and work longer hours. They rush home and expect to (33) \_\_\_\_\_ asleep instantly. 'Your body needs at (34) \_\_\_\_\_ thirty minutes to calm down', says Dr Gordon.

Studies reveal that over six million people suffer (35) \_\_\_\_\_ sleeping problems which cause serious health problems. It has been proved that there is a higher mortality (36) \_\_\_\_\_ among people who live on less than six hours of sleep a night.

Sleep is crucial to the restorative cycle. Losing sleep affects not only your ability to learn (37) \_\_\_\_\_ also your memory and mood. One study showed that cutting down (38) \_\_\_\_\_ the standard eight hours of sleep to four, for just one week, produces changes that resemble the early stages of diabetes and advanced ageing. Also, it drives up your blood pressure and increases (39) \_\_\_\_\_ risk of heart attack.

It is certain that there are no easy and quick solutions to these problems. Try keeping a sleep diary for two weeks to find out (40) \_\_\_\_\_ lifestyle problems may lie.

- 0 take
- 33 fall
- 34 least
- 35 from
- 36 rate
- 37 but
- 38 from
- 39 the
- 40 where

#### 1 bod (popunjavanje ocjenjivač)

- 33 ☒
- 34 ☒
- 35 ☒
- 36 ☒

#### 1 bod (popunjavanje ocjenjivač)

- 37 ☒
- 38 ☒
- 39 ☒
- 40 ☒

