

NAME: _____

DATE: _____

SCORE: _____ /50

A  Listen to the podcast. Choose the correct answers.

- 1 In what way is a Smart Scale different from a conventional scale?
 - A** It doesn't calculate how much you weigh.
 - B** You don't have to stand on it to get information.
 - C** It gives details of your body composition.
- 2 What attitude do Bill and Jade initially have toward the Smart Scale?
 - A** They are impressed by the number of things the scale can measure.
 - B** They are doubtful as to whether the scale can do what it claims.
 - C** They are curious to see how accurate the scale is.
- 3 According to Jade, the Smart Scale ...
 - A** provides very precise information.
 - B** gives more accurate measurements the more often you use it.
 - C** helped her lose weight.
- 4 What does Jade say about the Ultimate Sleep device?
 - A** You wear it and it senses your movement.
 - B** It knows the best time to wake you up.
 - C** It wakes you if you are having a bad dream.
- 5 How does Jade feel about her experience using the Ultimate Sleep device?
 - A** disappointed that it recorded movements that she didn't make
 - B** angry that her husband disturbed her sleep
 - C** surprised that it was always able to wake her up

_____ / 10 (2 points each)

B Complete the conversation with the words from the box.

blood pressure	cholesterol levels	chronic pain	circulation	digestion
joints	posture	sedentary lifestyle	side effects	

Elizabeth How was your doctor's appointment, Anthony?

Anthony I went there initially because I was worried about my ¹ _____, particularly the ² _____ I was feeling in my knees. But the doctor insisted on giving me a complete check-up. He took my ³ _____, which was quite high. I think one of my problems is that I have a very ⁴ _____; I'm probably sitting down about seven hours each day.

Elizabeth Yes, I've noticed your ⁵ _____ is not always good – your shoulders are very rounded.

Anthony Well, according to the doctor, I'm also overweight. The tests showed my ⁶ _____ are very high, which is affecting the ⁷ _____ of blood around my body. Two of the ⁸ _____ of this are joint pain and problems with ⁹ _____ of food. Anyway, the doctor has given me a diet and exercise plan, and I'm starting today.

Elizabeth That's a great idea! I'm glad you are taking care of yourself!

_____ / 9 (1 point each)

C Choose the correct answers.

- 1 This month, I'm going to try to cut *back* / *out* sugar from my diet completely.
- 2 Liz and Joe really *packed* / *racked up* a lot of things into their three days in Mexico City.
- 3 A lot of tension *adds* / *builds* up in your shoulders when you sit at a computer all day.
- 4 Jim and Bob managed to *rack up* / *fit* three sets of tennis into an hour and a half.
- 5 While listening to the gentle music, Katie *drifted off* / *slipped away* to sleep.
- 6 The Jonas' party *kept* / *drove* most of their neighbors up all night.
- 7 Jack liked to *wind down* / *slip away* at the end of the day by reading a book.

_____ / 7 (1 point each)

D Complete the text with the words from the box. There are two extra words.

do have same similar them these they this those

Pre-bedtime Routines for Better Sleep

One reason that many adults sleep poorly is that ¹ _____ don't have a good pre-bedtime routine. You might like looking at your phone before bedtime, but you shouldn't ² _____ ³ _____ because the glow emitted from phones stimulates the brain. The light that comes from the TV works in a ⁴ _____ way. ⁵ _____ people who look at screens before they go to sleep are actually confusing their brains, and this potentially may lead to disturbed sleep and even poor health.

The timing of your last meal is important, too. Try to eat at least two hours before bedtime, and avoid foods high in sugars and carbohydrates. Eating ⁶ _____ foods will cause blood sugar instability, which might wake you up later in the night.

Finally, try to have a regular bed time. Ideally, you should have the ⁷ _____ one on weekends as you have during the week, although that is easier said than done!

_____ / 7 (1 point each)

E Complete the second sentence with a word from the box in the correct form and a continuous infinitive so that it has a similar meaning to the first sentence. You may use the words more than once.

appear might need want

- 1 It seems like my boss is asleep at her desk.
My boss _____ at her desk.
- 2 You should spend at least four hours on your feet each day to stay healthy.
You _____ at least four hours on your feet each day to stay healthy.
- 3 It looks like my coworkers are enjoying their standing desks.
My coworkers _____ their standing desks.
- 4 I'd love to run with my friend now, but I have to wait for my foot to recover.
I really _____ with my friend now, but I have to wait for my foot to recover.
- 5 To arrive at our destination on time, we want to leave the house at 7 a.m.
We _____ the house at 7 a.m. to arrive at our destination on time.
- 6 If my sister has a problem with her car, then it's possible that there will be a long wait.
We _____ here for a long time if my sister has a problem with her car.
- 7 Now I'd like to lie on a beach.
I _____ on a beach right now!

_____ / 7 (1 point each)

F Read the article. Then choose the correct answers.

Ask any doctor how many hours of sleep is optimum and you would expect an answer of between seven and nine hours, depending on the age of the person – teenagers needing more, and seniors less. However, the world is full of stories of successful people who supposedly slept very little. So which is better – a lot of sleep or a little?

Famous inventor Nikola Tesla apparently survived on just two hours of sleep, usually from midnight to 2 a.m. As a child, he would frequently read all through the night. His strange sleeping patterns did result in a mental breakdown at the age of 25, but he continued to create incredible inventions well into his late thirties.

Italian artist and inventor Leonardo da Vinci is believed to have taken 20-minute naps every four hours. For a man who invented the parachute, helicopters, hang gliders, and painted the *Mona Lisa*, this contrasts with the common wisdom that lack of sleep harms creativity. Sadly, since there is no evidence of his sleeping habits, such sleeping feats may just be a legend.

We shouldn't forget Winston Churchill, the politician who led Britain through World War II. A workaholic who kept going until he was exhausted, he usually worked until around 2 or 3 a.m., but he routinely woke at 8 a.m. after just five or six hours of sleep. However, he would compensate with a two-hour afternoon nap every day at 5 p.m.

At the other extreme, US singer Mariah Carey claims to sleep 15 hours a day. "I've got to sleep 15 hours to sing the way I want to," she once declared.

With most studies linking insufficient sleep with health problems such as heart disease, diabetes, and obesity, you would be brave to follow the path of these geniuses. But the choice is yours!

- 1 What would be the most appropriate title for the article?
A The Benefits of a Good Night's Sleep
B The Sleeping Habits of a Genius
C To Sleep or Not to Sleep?
- 2 According to the text, Nikola Tesla ...
A was most creative in the middle of the night.
B had irregular sleeping habits from an early age.
C stopped inventing when he was 30.
- 3 The writer suggests that da Vinci's creativity ...
A may have been exaggerated.
B was a direct result of his irregular sleeping pattern.
C was surprising considering his sleeping habits.
- 4 According to the text, Winston Churchill ...
A slept as many hours a day as an average person.
B always went to bed at the same hour.
C was someone who disliked sleeping.
- 5 What is the general attitude of the writer?
A skeptical that lack of sleep really helped these geniuses
B optimistic that we can improve our creativity by sleeping less
C eager to try out some of the sleeping patterns she has written about

_____ / 10 (2 points each)