

Sleep deprivation can kill you

Many people all over the world suffer from sleep-related breathing disorders. Many of these patients stop breathing hundreds of times every night. This is why the evaluation and treatment of patients with the obstructive sleep apnea syndrome ultimately play an important part of critical care medicine.

In 1900, adults in the United States slept an average of nine hours per night. In 2000, adults slept an average of just seven hours per night. We have not evolved to need less sleep, but we are getting less sleep. In past centuries, our sleep/wake cycle was closely linked to the rotation of the earth. We slept when it was dark and we awoke and worked when it was light. However, with the development and widespread availability of artificial light, we have prolonged our waking hours. Stimulants such as caffeine have also contributed to longer periods of wakefulness.

Deep refreshing sleep is essential for feeling rested and well. If you are not getting enough sleep, this could make you feel very sad and could contribute to significant relationship difficulties.

You undoubtedly are judged at work on a regular basis. Not getting enough sleep will affect your job performance and could contribute to being passed over for promotion or loss of your job.

Obesity is a major problem in the United States. While poor eating habits certainly contribute, lack of sleep is also likely a factor. The hormone leptin has a significant impact on appetite for food. Increased levels suppress appetite. There is evidence that not getting enough sleep lowers your leptin levels. This results in an increase in appetite and weight gain.

Sleep is essential for our well-being. As we get older, good sleep is often harder to come by. With the aging process, we experience less of the deep sleep known as slow-wave sleep. Combine this with medical problems such as arthritis, reflux, heart and lung disease and you have a recipe for ongoing sleep problems.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. One of the symptoms is that you stop breathing during the night.
- b. Sleep apnea syndrome is critical in medicine.
- c. Artificial light is essential feeling rested and well

1.b. According to the text (0.5 points)

- a. If you don't sleep well you'll be passed over for promotion or loss of your job.
- b. Our present sleep/wake cycle isn't related to the rotation of the earth.
- c. The older you are the more deep sleep you have.

1.c. We don't need so much sleep nowadays as some years ago.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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1.d. Not getting enough sleep may cause you a gain of weight.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one using 'ought' (0.5 points)

- In my opinion you should work harder.
- In my opinion you _____ harder.

2.b. Turn the two sentences into a clause with 'enough' (0.5 points)

- He is not very tall. He cannot be a policeman.
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2.c. Turn the sentence into a clause using 'keen' (0.5 points)

- I like Cold Play very much.
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2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I would rather _____ (to have) a car than a bicycle.

3. Identify ONLY FOUR words from their definitions (1 point)

- the need of eating food.
- developed gradually, or caused something or someone to develop gradually.
- the act of doing something successfully.
- the act not having things or conditions that are usually considered necessary for a pleasant life.
- the act or process of taking air into your lungs and releasing it.
- made a connection between two or more people, things or ideas.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Do you sleep enough?

5.b. Advantages and disadvantages of travelling.