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...tion, or NOT GIVEN if there is no information on this.

False 1. Thomas Edison slept 4 hours a night. True 2. Scientists don't have a certain answer for why we have to sleep. True 3. Lack of sleep might cause various problems. False 4. Sleep deprivation may be the cause of anorexia. False 5. There are four stages of the REM sleep. True 6. According to Jim Horne, we need to sleep as much as if takes to not be sleepy during the day. False 7. Giraffes require less sleep than dogs. True 8. After four sleepless days, Randy had a delusion about him being a football celebrity.

II) Multiple Choice: Choose the correct letter, A, B, C or D for the following questions and write it in front of each question item.

B 9. During the Light Sleep stage: A) Muscle activity increases B) Jiggling might occur C) It is not easy to be woken up D) After waking up, one may experience slight disorientation

D 10. Heart rate is at the lowest level during: A) Light Sleep stage B) Rem Sleep C) True Sleep stage D) Third Sleep stage

A 11. The brain activity is really high: A) During REM sleep B) During the stage of True Sleep C) When we are awake D) During the Deep sleep stage

D 12. Humans require at least: A) 7.75 hours of sleep B) 5 hours of sleep C) 8 hours D) There is no set amount of time

C 13. *Pythons need:* A) Less sleep than tigers B) Twice as much sleep as cats C) Almost ten times more sleep than giraffes D) More sleep than any other animal in the world

III) References: Read the passage again and give the equivalent references to the following words/phrases.

14. "We" … as in *We spend a third…*(Para 1, line 1): Human being or People

15. "This" … as in *This is the period …*(Para 2, line 3): Light sleep

16. "this" … as in … *sleepwalking during this stage…* (Para 2, line 9); Deep sleep (Rythmic breathing and Halted muscle activity)

IV) Complete the sentences below. Write NO MORE THAN THREE WORDS from the passage for each answer.

17. If we are awakened during deep sleep we do not adjust immediately and often feel groogy and disoriented for several minutes after waking up.

18. If we continually lack sleep, the specific part of our brain that controls language, is severely affected.

19. True Sleep lasts approximately 20 minutes.

20. Although during REM sleep our breathing rate and blood pressure rise, our bodies are effectively Paralyzed

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...ciences. Communicative English Language Skills-I Grammar & ...chnology University. College of Behavioral and

Vocabulary Test (10%). 30 Minutes

Name: [redacted] ID No [redacted]

General Instruction: Read the following questions carefully and do your answers according to each context. Then write your best choice in Capital letter or your answer neatly in each space provided.

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Part – I: Grammar

A 1. When you are putting gasoline in your gas tank, you ___ smoke! It is forbidden. A) must not B) must C) have to D) don't have to

B 2. It's not a good idea to talk on a cell phone and drive at the same time. Drivers ___ do that. A) should B) shouldn't C) have to D) must

D 3. You_____ help me if you don't have time. I can do the job myself. A) don't have to B) don't need to C) needn't D) All are possible answers

C 4. _____ I make some coffee? I'll do it if you'll drink a cup. A) Must B) Used to C) Shall D) Will

B 5. My mother would not go to my uncle's house if my uncle _____ my mother's call. A) had receive B) received C) receives D) receive

C 6. If you complete the test perfectly, you _____ a special gift from your parents. A) get B) got C) will get D) would get

D 7. If Immanuel _____ enough money to buy the car, he would . . . gone to the party with you. A) have – have B) had – have C) have had – have D) has had – have

C 8. If I were to study hard, …. Is equivalent in structure to ____. A) If I did studied hard, … B) If I had studied hard, … C) If I studied hard, … D) If I had studied hard, …

Read the text below, and for each empty space (9-14) choose the correct answer (A, B or C) given in the closed bracket.

"It happened that it (9) C [A) had been B) to be C) was] the first class on the very first day at school. Ancient history books (10) A [A) were distributed B) was distributed C) had been distributed] to the class and Miss Shenstone (11) B [A) was asked B) asked C) was asking] us to turn to page 192. I wondered, "Why (12) C [A) not we turn B) didn't we turn C) don't we turn] to page one for the first lesson? " I (13) A [A) was asked B) asked C) was being asked] my name and I (14) B [A) was answered B) answered C) had been answered] honestly, "William Saroyan".

Part – II: Vocabulary Guessing Methods. The following sentences contain new words which are underlined and you may not have come across with before. Hence, please provide the meaning of the word and how you guessed each.

15. A magician might <u>baffle</u> – deceive you with an impressive magic trick.

A) Word meaning: ~~deceive~~ deceive B) Method: Synonymy

16. It's difficult to <u>break a habit</u> like smoking.

A) Word meaning: get rid off / stop B) Method: ~~Collocation~~

17. Students are pretty good at using the appropriate <u>emoticons</u> in the right situations.

A) Word meaning: Emotion / Feeling B) Method: ~~Word formation~~

18. WHO warned that "pandemic X" is presumed to be one of the mass killing <u>disorders</u>.

A) Word meaning: disease B) Method: ~~Collocation~~

19. This building has both entrance and <u>exit</u>.

A) Word meaning: Way out B) Method: ~~Antonymy~~

20. My friend is sometimes hasty when he does his homework. He does it too quickly and is careless. I am astonished and amazed when he won free tickets to the concert which he took them in a hurry! <u>What a pity</u>, my sister though gentle and very compassionate behaves sometimes mean, sometimes lucky and some other times very unfortunate. I asked, "Is there any relationship between doing things in a hurry or in gentleness?" It requires deep research.

A) Word meaning: Annoying B) Method: ~~Context~~

Addis Ababa Science and Technology University. College of Behavioral and Social Sciences. Communicative English Language Skills-I Reading Test (10%). 30 Minutes

Name _____ ID N_____ Sec. _____

Read the Passage about "The science of sleep" and answer the questions that follow

We spend a third of our lives doing it. Napoleon, Florence Nightingale and Margaret Thatcher got by on four hours a night. Thomas Edison claimed it was waste of time. So why do we sleep? This is a question that has baffled scientists for centuries and the answer is, no one is really sure. Some believe that sleep gives the body a chance to recuperate from the day's activities but in reality, the amount of energy saved by sleeping for even eight hours is miniscule - about 50 kCal, the same amount of energy in a piece of toast. With continued lack of sufficient sleep, the part of the brain that controls language, memory, planning and sense of time is severely affected, practically shutting down. In fact, 17 hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol level of 0.05% (two glasses of wine). This is the legal drink driving limit in the UK. Research also shows that sleep-deprived individuals often have difficulty in responding to rapidly changing situations and making rational judgements. In real life situations, the consequences are grave and lack of sleep is said to have been be a contributory factor to a number of international disasters such as *Exxon Valdez*, Chernobyl, Three Mile Island and the *Challenger* shuttle explosion. Sleep deprivation not only has a major impact on cognitive functioning but also on emotional and physical health. Disorders such as sleep apnoea which result in excessive daytime sleepiness have been linked to stress and high blood pressure. Research has also suggested that sleep loss may increase the risk of obesity because chemicals and hormones that play a key role in controlling appetite and weight gain are released during sleep. What happens when we sleep? What happens every time we get a bit of shut eye? Sleep occurs in a recurring cycle of 90 to 110 minutes and is divided into two categories: non-REM (which is further split into four stages) and REM sleep.

Non-REM sleep. Stage one: Light Sleep. During the first stage of sleep, we're half awake and half asleep. Our muscle activity slows down and slight twitching may occur. This is a period of light sleep, meaning we can be awakened easily at this stage. Stage two: True Sleep. Within ten minutes of light sleep, we enter stage two, which lasts around 20 minutes. The breathing pattern and heart rate start to slow down. This period accounts for the largest part of human sleep. Stages three and four: Deep Sleep. During stage three, the brain begins to produce delta waves, a type of wave that is large (high amplitude) and slow (low frequency). Breathing and heart rate are at their lowest levels. Stage four is characterised by rhythmic breathing and limited muscle activity. If we are awakened during deep sleep we do not adjust immediately and often feel groggy and disoriented for several minutes after waking up. Some children experience bed-wetting, night terrors, or sleepwalking during this stage.

REM sleep. The first rapid eye movement (REM) period usually begins about 70 to 90 minutes after we fall asleep. We have around three to five REM episodes a night. Although we are not conscious, the brain is very active - often more so than when we are awake. This is the period when most dreams occur. Our eyes dart around (hence the name), our breathing rate and blood pressure rise. However, our bodies are effectively paralysed, said to be nature's way of preventing us from acting out our dreams. After REM sleep, the whole cycle begins again.

How much sleep is required? There is no set amount of time that everyone needs to sleep, since it varies from person to person. Results from the sleep profiler indicate that people like to sleep anywhere between 5 and 11 hours, with the average being 7.75 hours. Jim Horne from Loughborough University's Sleep Research Centre has a simple answer though: "The amount of sleep we require is what we need not to be sleepy in the daytime." Even animals require varied amounts of sleep. The average total sleep time per days is as follows: Python -18 hrs, Tiger-15.8 hrs, Cat-12.1 hrs, Chimpanzee-9.7 hrs, Sheep-3.8 hrs, African elephant-3.3 hrs, and Giraffe-1.9 hr. The current world record for the longest period without sleep is 11 days, set by Randy Gardner in 1965. Four days into the research, he began hallucinating. This was followed by a delusion where he thought he was a famous footballer. Surprisingly, Randy was actually functioning quite well at the end of his research and he could still beat the scientist at pinball.