

06 READING PRACTICE

For questions 1-8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Sleep Patterns

It is estimated that around one in five people have a sleep

0) **disorder** of some kind, affecting their ability to get enough sleep. In particular, people who are 17) - an increasing problem around the world - often suffer from sleeping difficulties. Most of the results of this lack of sleep are relatively minor, such as tiredness, irritability and 18), and the effects are not long-lasting. However, longer-term sleeping deprivation can have more serious consequences and can be 19) to physical and mental health. For example, it can result in high blood pressure and can affect a person's 20), reducing their ability to think and respond quickly.

ORDER

WEIGH

FORGET

HARM

ALERT

Recent 21) research has shown that people need seven to eight hours of sleep on average, although this figure is 22) on such factors as age and health. For example, for infants the 23) is much higher, about 16 hours a day, while older people tend to sleep less deeply and for a shorter time, often needing about the same amount of sleep as they do in late 24)

SCIENCE

DEPEND

REQUIRE

CHILD

