

Select Readings, Second Edition
Pre-Intermediate, Chapter 1 Test

Read the passage and answer the questions.

Sleep: How Much Is Too Much?

Most people know that not getting enough sleep is not healthy. But is it possible to get too much sleep? Most doctors and scientists seem to think so. In fact, too much sleep can make people feel even more tired than getting a normal night's sleep.

Doctors recommend that people get between seven and nine hours of sleep a night. If a person still feels tired after eight or nine hours of sleep, however, more sleep is not the answer.

In fact, sleeping more than nine hours a night may be a sign of a medical problem. When people sleep too long, they might not get enough sunlight or exercise, and their bodies may tell them that they need more rest. This can make people's bodies weaker, and they may catch colds or even get other, more serious diseases¹ more easily.

Some scientific studies have shown that people who sleep more than nine hours a night are 50% more likely to get diabetes², and more than 20% more likely to be obese³. Too much sleep has also been linked to having more headaches, back pain, depression⁴, and even heart disease.

The problem is not with the quantity of sleep we get, but the quality of sleep. There are five main stages of sleep. In Stage 1 we fall asleep; in Stage 2 we sleep lightly. In Stages 3 and 4 we sleep deeply. In Stage 5—REM sleep—we dream. When people have poor quality sleep, it usually means that they pass from Stage 1 to Stage 2, and never move on to Stage 5. Without deep sleep, the body does not get enough rest, no matter how long a person sleeps.

To help this problem, doctors recommend trying to go to sleep and waking up at the same times each day. Get fresh air, sunlight, and regular exercise as well. If there are still problems, people should visit their doctor for more help.

1. According to the title, what is this passage about?
 - A. How to fall asleep quickly
 - B. How to have a long sleep
 - C. Getting too much sleep
 - D. Getting too little sleep

2. Read the first paragraph of the passage. Choose the correct answer.
 - A. Sleeping too little is not healthy.
 - B. Sleeping too much is not healthy.
 - C. Sleeping too much can make a person feel more tired.

¹ diseases sicknesses, illnesses

² diabetes a serious disease in which the body does not make enough or use insulin correctly

³ obese very heavy or overweight

⁴ depression a feeling of deep sadness and no energy

- D. All of the above.
3. According to the passage, what is a reasonable amount of sleep per night?
- A. 6–7 hours
 - B. 7–9 hours
 - C. 9–10 hours
 - D. More than 10 hours
4. According to the passage, which statement is true about sleeping more than nine hours a night?
- A. Your body will get stronger.
 - B. You may catch a cold more easily.
 - C. Your body can fight diseases better.
 - D. Your body might fall asleep more easily.
5. Some studies show that people who sleep too much are _____ more likely to get diabetes.
- A. less than 20%
 - B. 20%
 - C. 50%
 - D. more than 50%
6. Which of these are some of the problems that have been linked with too much sleep?
- A. Diabetes and stomachaches
 - B. Headaches and stress
 - C. Back and foot pain
 - D. Depression and heart disease
7. In paragraph 5, which expression could be used instead of *the quality of sleep*?
- A. How well we sleep
 - B. How long we sleep
 - C. How early we sleep
 - D. How late we sleep
8. In Stage 5 of sleep, we spend most of our time _____.
- A. falling asleep
 - B. in light sleep
 - C. in deep sleep
 - D. dreaming
9. People who have low-quality sleep may spend their sleeping time in _____.
- A. Stage 1 only
 - B. Stages 1 and 2 only
 - C. Stages 1 and 5 only
 - D. Stages 1, 2, and 5 only
10. Which of the following is not mentioned as a way to help the problem of sleeping too much?
- A. Setting a regular sleep schedule
 - B. Going to sleep later and waking later than normal
 - C. Spending more time outdoors
 - D. Trying to exercise regularly