

# 2 SLEEP ON IT

## OBJECTIVES

**FUNCTIONS:** giving advice

**GRAMMAR:** past tense with hypothetical meaning; adverbs for modifying comparatives

**VOCABULARY:** sleep; idioms with *sleep* and *dream*

## READING

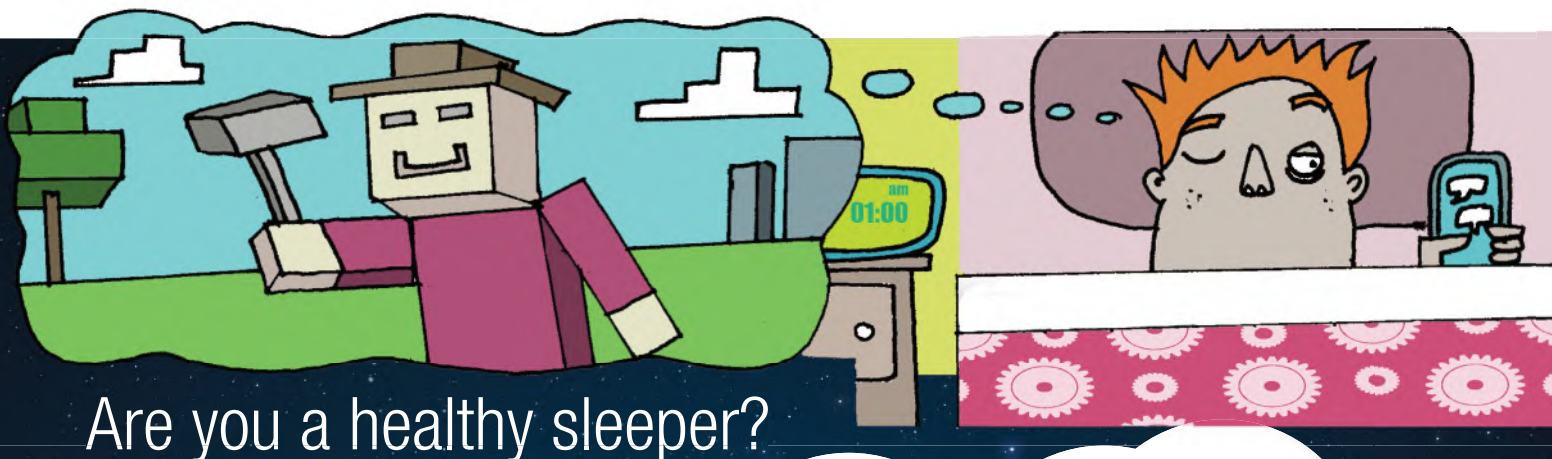
- 1 Read the quiz at the bottom of the page and choose your answers.
- 2 **SPEAKING** Work in pairs. Compare your answers and decide who's the best sleeper.

- 3 **1.09** Read and listen to the magazine article on page 21 and mark these sentences T (true), F (false) or DS (doesn't say).

- 1 Approximately half of US teens are getting less than seven hours' sleep a night.
- 2 Girls tend to spend more time sleeping than boys.
- 3 One teen in every five says they fall asleep in class at least once a week.
- 4 Colds are more common among teens who sleep too much.
- 5 There are also psychological reasons why teens tend to be sleep-deprived.
- 6 If schools opened later, fewer teens would arrive late.
- 7 Afternoon naps can have health benefits for teenagers.
- 8 Teenagers would benefit from going to bed at the same time every night.


- 4 **SPEAKING** Work in pairs and discuss the following questions.

- 1 How many hours' sleep do you usually get? Do you feel it's too little, too much or just right?
- 2 How regular are your sleep patterns?
- 3 What time does your school day start? Would you be in favour of later / earlier starting times? Why (not)?



## Are you a healthy sleeper?

- 1 You wake up half an hour late for school. You think ...

- a) I should go to bed earlier.
- b) It's time I bought a new alarm clock.
- c) That's unusual. I don't usually oversleep.

- 2 It's 7 am and your dad is yelling at you to get out of bed. You think ...

- a) I wish I could have another hour in bed.
- b) OK, OK! I'm getting up.
- c) Why's he shouting? I'm already up.

- 3 You turned off your light half an hour ago. You think ...

- a) If only my mind wasn't on that computer game. I want to go to sleep.
- b) I'd prefer it if you didn't ask me silly quiz questions. I'm quite a light sleeper and I'm about to fall asleep.
- c) Nothing. You're fast asleep and snoring loudly.

- 4 It's 11 pm and your mum suggests it's time you went to bed. You think ...

- a) No way. I'm snapchatting Rachel.
- b) OK, I'll read for half an hour before I turn my light off.
- c) I'm on my way right now.



# The great teen sleeping crisis?

## An age-old problem

They won't go to bed when you want them to. They hide their heads under the pillow and won't get up when you ask them to. What is it with teenagers and sleep? Well maybe it's time we revisited this topic to better understand what might be going on.

A recent study found that only around 50% of US teenagers were getting the seven hours of sleep generally considered necessary. The other half were getting on average two hours less. Interestingly, girls are more prone to skipping sleep than boys. These are worrying figures indeed, especially when you take into consideration latest recommendations from experts that seven to ten hours is optimum for teenagers.

## Bad for the health

The short-term effects of not getting enough sleep are clearly evident. Just ask any secondary school teacher. 20% of teenagers admit to nodding off in class at least once a fortnight. A lack of concentration in lessons can lead to poor performance in exams, and grades often suffer as a result. It's not difficult to make the connection. Other immediate consequences include a weakening of the immune system, meaning the sleep-deprived are more likely to catch a cold or get the flu.

Even more disquieting are the long-term effects. Doctors say there are direct links between a lack of sleep and mental health issues such as depression and memory loss.

## It's biological

One thing we all need to do is to stop blaming teenagers for their anti-social sleeping habits, since they do have a biological excuse for their behaviour. It's all the fault of the hormone melatonin. When melatonin

surges through the body, it's telling us that it's time to go to bed. The problem is that in teenagers, melatonin is released two hours later than in adults, meaning that they get the call to go to bed much later than their parents. Then, when they're forced to wake up in the morning, their melatonin levels are still high and their bodies are urging them to stay in bed. That's why they find it such a struggle to drag themselves out from under the covers.

## A change of routine

So what can be done to make life easier for everyone? Well, one simple solution would be to start the school day two hours later. In the US, 40% of all teenagers start school before 8 am, which is clearly far too early for the average teenage brain to function properly. If a 10 am start time was implemented, it would give them a much fairer chance.

In addition, teenagers themselves need to take more responsibility for their own sleeping patterns. It's been proven that people who stick to a regular routine lead far healthier lives. Going to bed and getting up at the same time each day certainly gives your body a head start. Teens can even take a nap in the afternoon if they're able to make that a regular part of their routine.

The other thing to consider is limiting their screen time, which can often run into the early hours of the morning. This is undoubtedly the main reason why many teenagers fail to get a good night's sleep. So, unfortunately for teenagers, it seems that two of their favourite pastimes – lying-in at the weekend and late-night gaming – have a role to play in the lack of sleep many of them complain about.

## ■ TRAIN TO THINK

### The rule of threes

*The rule of threes states that ideas should be considered from three different perspectives.*

*The more perspectives you can view a problem from, the better your overall understanding. For example, imagine an aeroplane is flying through heavy turbulence.*

- An experienced pilot would see it as a normal occurrence and put on the seatbelt sign.
- A nervous flier might convince themselves the plane is about to crash.
- A fan of roller coasters might enjoy the thrill of it.

### 1 A teenager is still asleep at 11 am on a Saturday. Who might have the following opinions of the situation?

- 1 What's the problem? I'm tired.
- 2 We need to understand that teenage sleep patterns are different to those of adults.
- 3 He's so lazy these days.

### 2 **SPEAKING** Make notes on how each of the following people might respond to the statement 'Schools should start at 10 am'. Then compare with a partner.

a teenager a parent a teacher an economist a doctor

## Pronunciation

Different ways of pronouncing c and g  
Go to page 120.



## GRAMMAR

### Past tenses with hypothetical meaning

- 1 Complete the sentences from the quiz on page 20 with the verbs in brackets. Then complete the rule with *past* and *present*.

- 1 It's time I \_\_\_\_\_ a new alarm clock. (buy)
- 2 I wish I \_\_\_\_\_ have another hour in bed. (can)
- 3 If only my mind \_\_\_\_\_ on that computer game. I want to go to sleep. (not be)
- 4 I'd prefer it if you \_\_\_\_\_ me silly quiz questions. (not ask)

**RULE:** With certain expressions, like *It's time*, *I'd prefer it if*, *I wish*, and *If only*, we use the <sup>1</sup> \_\_\_\_\_ simple tense to talk about how we would like <sup>2</sup> \_\_\_\_\_ situations to be different. With *I'd rather* and *I'd prefer* we use the infinitive when the subject of the second verb is the same as the subject of *I'd rather* and *I'd prefer*. Also, with *I'd rather*, *I'd prefer* and *It's time*, we use the infinitive when there is no second subject.

*It's time to go.*

*I'd prefer to eat now.*

*It's time we left.*

*I'd prefer it if we ate now.*

- 2 Complete the dialogue with the correct forms of the verbs in the list.

go on | be | respect | get up | not have | show | not talk

DAD Come on, Ollie. It's time you <sup>1</sup> \_\_\_\_\_.

OLLIE Zzzzzzzzz Zzzzzzzzz

DAD Did you hear me, Ollie? You've got ten minutes until the school bus arrives.

OLLIE What?! No! If only it <sup>2</sup> \_\_\_\_\_ the weekend. If only I <sup>3</sup> \_\_\_\_\_ school today. If only ...

DAD Ollie!

OLLIE Dad, I'd prefer it if you <sup>4</sup> \_\_\_\_\_ my melatonin levels.

DAD And I'd prefer it if you <sup>5</sup> \_\_\_\_\_ such nonsense.

OLLIE It's not nonsense. It's science. Melatonin. It's why I need so much sleep.

DAD I've never heard of it.

OLLIE Then maybe it's time you <sup>6</sup> \_\_\_\_\_ the Internet and read about it.

DAD And maybe it's time you <sup>7</sup> \_\_\_\_\_ your dad a bit of respect. Now get out of bed!

- 3 Think about your own sleeping habits and complete the sentences so that they are true for you. Compare with a partner.

- 1 I wish I could ...
- 2 If only school ...
- 3 I'd rather ... today.
- 4 I wish the teachers ...

## VOCABULARY

### Sleep

- 1 Match the words on the left with those on the right to make sleep-related collocations and phrasal verbs. Then check in the magazine article and quiz on page 21.

- |           |              |
|-----------|--------------|
| 1 nod     | a the covers |
| 2 fall    | b loudly     |
| 3 lie     | c off        |
| 4 a light | d asleep     |
| 5 fast    | e a nap      |
| 6 snore   | f asleep     |
| 7 under   | g sleeper    |
| 8 take    | h in         |

- 2 **SPEAKING** Work in pairs and discuss the meaning of each of the collocations and phrasal verbs in Exercise 1, using the context provided by the magazine article and quiz to help you.

- 3 Which noun collocates with all of these: *a lack of*, *over*, *skip*, *get enough*, *get seven hours*?

- 4 **SPEAKING** Complete the questions with collocations and phrasal verbs from Exercises 1 and 3, in the correct form, and then ask and answer in pairs.

- 1 Do you ever \_\_\_\_\_ in the afternoon or do you prefer to just sleep at night?
- 2 Have you ever \_\_\_\_\_ during a lesson at school? Did anyone notice? What happened? How did you feel?
- 3 Do you like to \_\_\_\_\_ at the weekend? Or do you get up early? What does it take to get you out from \_\_\_\_\_?
- 4 Do you know anyone who \_\_\_\_\_ when they sleep? What's the best way to prevent this?
- 5 Are you a \_\_\_\_\_ or is it difficult for you to wake up when you're \_\_\_\_\_? Is noise or light more likely to wake you up?
- 6 Have you ever \_\_\_\_\_ and been late for something really important? What happened?

Workbook page 18

Workbook page 20



## LISTENING

1 **SPEAKING** Work in pairs and discuss.

- What's the longest you've ever gone without sleep?
- Which of these things do you think people experience when they don't get enough sleep over an extended period of time?

- ☐ grumpiness  
☐ headaches  
☐ hunger  
☐ slurred speech  
☐ memory loss  
☐ lethargy  
☐ slow reactions  
☐ impatience  
☐ difficulty concentrating

2 **1.11** Listen to an interview with a sleep expert. Which of the things in the list above does he mention?3 **1.11** Listen again and choose the correct answers.

- Why is sleep deprivation such a serious problem?
  - Because it's costing governments a lot of money in research.
  - Because it can cause major accidents and financial losses.
  - Because so many people suffer from it.
- What **doesn't** Dr Shone mention as a possible cause of the rise in sleep deprivation?
  - international travel
  - an increase in the length of the working day
  - a decrease in the average salary
- What are Dr Shone and his colleagues trying to do?
  - better understand the results of sleep deprivation
  - better understand the causes of sleep deprivation
  - alleviate the causes of sleep deprivation
- What was the first major effect Peter Tripp experienced during the sleep deprivation experiment?
  - He saw things that weren't there.
  - He found unusual things funny.
  - He became violent.
- What long-term effects did the experiment have on him?
  - He became confused about who he was.
  - There were significant changes in his personality.
  - He found it difficult to get work.

## FUNCTIONS

## Giving advice

- 1.12** Listen to the dialogue. What are Liam's problems?
- 1.12** Listen again. What advice does Sally give for each problem?
- 1.12** Complete Sally's advice with the missing words. Then listen again and check.
  - I find that a g\_\_\_\_\_ n\_\_\_\_\_ s\_\_\_\_\_ works well for nerves.
  - I'd recommend I\_\_\_\_\_ to m\_\_\_\_\_.
  - You might want to consider g\_\_\_\_\_ to b\_\_\_\_\_ I\_\_\_\_\_.
  - Try not to w\_\_\_\_\_ too much.
- Work in pairs. Think of two pieces of advice for each of Liam's problems.

*I find that ...*

*I'd recommend ...*

*You might want to consider ...*

*Try not to ...*

## THINK SELF-ESTEEM

## Getting enough rest

## 1 Complete the table for you.

Times when I get tired	Consequences	What can I do about this?
1 <i>Studying for tests</i>	<i>I get irritable with my family</i>	<i>Make a better revision timetable Keep clear of my little brother</i>
2		
3		
4		

2 **SPEAKING** Work in pairs. Compare and offer advice.

*Tests are a stressful time. I find that getting plenty of sleep during stressful periods is essential.*

## READING

### 1 Work in pairs. Read the questions about dreams. How many can you answer?

- 1 Are there any common dreams?
- 2 Does everyone dream?
- 3 Why can't I remember my dreams?
- 4 Why do I dream about strangers?
- 5 Why do I sometimes dream the phone is ringing, only to hear it ringing when I wake up?
- 6 Do my dreams have any special meanings?
- 7 Is it possible to influence what happens in our dreams?
- 8 Why don't I act out my dreams?
- 9 Do blind people dream?
- 10 What happens if we don't have the chance to dream?

### 2 Read the article quickly and match the questions with the facts, A–J. Which of the answers you came up with in Exercise 1 were correct?

## Ten facts about dreams

[A] Dreams are known to have a beneficial effect on our mental well-being. A study was conducted in which people were woken just as they entered the dream phase of their sleep. They were then allowed to go back to sleep and get their normal night's sleep. However, on waking up, they displayed numerous signs of sleep deprivation.

[B] There's a state between falling asleep and entering the dream phase (known as REM) during which it is believed that we're able to control our dreams. This is also commonly experienced as we start waking up.

[C] With the exception of a very small minority of people, we all dream, even if we might not think we do. Interestingly, there's a difference between what men and women dream about. While women usually dream about both sexes, men are considerably more likely to have dreams that just feature other men.

[D] Yes, they do. The mind's need to dream is so strong that it is able to overcome any disability to ensure it does. People who lose their sight later on in life still see pictures in their dreams. However, those who were born blind dream using exaggerated sounds, smells and emotions.

[E] The simple answer is that your body is more or less paralysed when you're asleep, so you're unable to move your limbs. This is probably for our own safety and to stop us from inflicting harm on ourselves or others while we're asleep.

[F] Plenty. Falling from a great height but never reaching the ground; feeling unprepared for an exam even though you left school years ago; being chased but never caught: these are just a few types of dreams familiar to many people. Amazingly, 12% of people only ever dream in black and white.

[G] It's not really known if all dreams are significant but it's generally agreed that some dreams are far more significant than others. It's not always easy to unlock what they might be trying to tell us, but more often than not there's some sort of message. A dream psychologist could help if you're interested.

[H] No one is really sure, but the fact is that five minutes after waking up you've already forgotten half your dream. And five minutes after that, all but 10% is gone. If you want to keep a record of your dreams, your best bet is to write down all you can remember as soon as you wake up.

[I] When an external sound invades our dream, this is known as dream incorporation. And it's not nearly as mysterious as it may seem. Quite simply, this outside noise was what triggered your dream in the first place, even though it might feel that your dream had been going on for hours already.

[J] You don't. All the unfamiliar faces that you meet in your dreams belong to people that you've seen at some time in your life. Even though you've never been introduced to them, your mind stores up all these faces, meaning it has a cast of literally millions to introduce into your dreams.



## SPEAKING

- 1 Which information in the article do you find most interesting and/or surprising? Why?
- 2 Do you believe our dreams are trying to tell us something? Give examples to support your opinion.

## GRAMMAR

## Adverbs for modifying comparatives

- 1 Put the words in brackets back into the example sentences. Then read and complete the rule.

- Men are more likely to have dreams that just feature other men. (considerably)
- Some dreams are more significant than others. (far)
- It's not as mysterious as it may seem. (nearly)

**RULE:** As well as using *a lot* and *much* to emphasise a comparison, we can use other adverbs, such as *considerably*, *far*, *significantly*, *extensively*, *notably*, *way* and *drastically*. By using these words, we achieve a greater level of variety in our speaking and writing.

- *Notably* and *Significantly* are used in more <sup>1</sup>formal / informal spoken contexts and in writing. *Way* is used in more <sup>2</sup>formal / informal spoken contexts.
- To emphasise a(n) (not) as... as construction we can use *not nearly*, *nothing like* and *nowhere near*.

- 2 Complete with the missing words. In some cases, more than one word is possible.

Why are other people's dreams not <sup>1</sup>n\_\_\_\_\_ as interesting as mine? My dreams are <sup>2</sup>c\_\_\_\_\_ more exciting than most other people's, but no one seems interested in hearing about them. It's strange. Anyway, the other day I had a really weird dream. It was <sup>3</sup>w\_\_\_\_\_ more weird than my usual dreams. I was in this house. It wasn't my house. In fact, it was nothing <sup>4</sup>l\_\_\_\_\_ my house at all. It was <sup>5</sup>n\_\_\_\_\_ bigger for a start and it was <sup>6</sup>s\_\_\_\_\_ more modern too, but it was really familiar and I felt like I'd been there before. Suddenly, I heard a really horrible noise. It was like a snake hissing, only it was <sup>7</sup>f\_\_\_\_\_ louder. It was really creepy, but it was <sup>8</sup>n\_\_\_\_\_ near as scary as what happened next. What did happen next? I can't remember. It was frightening though. It really was.

- 3 Complete the second sentence so that it has a similar meaning to the first. You must use between three and six words including the word given.

- I feel a lot less tired than I did five minutes ago. NOWHERE  
I feel \_\_\_\_\_ now as I did five minutes ago.
- My bed is nothing like as comfortable as yours. WAY  
Your bed \_\_\_\_\_ mine.
- My dreams were far more exciting when I was a child. NEARLY  
My dreams these days are \_\_\_\_\_ when I was a child.
- I hope tonight is much less warm than last night. NOTHING  
I hope tonight \_\_\_\_\_ as it was last night.

- 4 **WRITING** Write a short text about a dream you can remember (or make one up). Include modifying comparatives.

- 5 **SPEAKING** Tell your dream to a partner. Whose dream was the strangest?

## VOCABULARY

Idioms with *sleep* and *dream*

- 1 Complete the sentences with either *sleep* or *dream* in the correct form.

- It's a difficult decision. Let me \_\_\_\_\_ on it and I'll let you know in the morning.
- It's not such a big problem – certainly nothing to lose \_\_\_\_\_ over.
- I can't believe I'm getting the chance to study in Canada! That's beyond my wildest \_\_\_\_\_.
- You really think I'd do that?! I'd never \_\_\_\_\_ of doing something so mean. He's my best friend.
- I'd love to be an airline pilot. It's my \_\_\_\_\_ job.
- I can't believe I've been signed by Manchester United. It's a \_\_\_\_\_ come true.
- We've got a big day tomorrow and you need to get your beauty \_\_\_\_\_.
- Do you imagine I'd let you go to an all-night party? In your \_\_\_\_\_!

- 2 Which of the expressions in italics in Exercise 1 could be replaced with these words?

- more or better than I could ever hope for
- no way
- the realisation of my ultimate ambition
- give me some time to think about it
- sleep well so that you're fresh and at your best the next day
- worry too much about
- It's just not in my character to do
- perfect profession

- 3 **SPEAKING** Discuss in pairs.

- What's your dream job?
- What would be a dream come true for you?
- What would you never dream of doing?
- Which of the idioms in Exercise 1 can you translate directly into your language? How would you translate the other ones?



# Culture

## 1 Scan the article for the answers to the following questions.

- 1 What caused a change in sleeping patterns across a number of countries?
- 2 How long, on average, do people sleep for?



## Sleep in different cultures

It is quite apparent that there are significant differences in sleep patterns in different parts of the world, and that sleep patterns have also changed over time. Traditions, cultural values and local conditions and environments all **have a bearing on** sleep practices and attitudes.

One major source of these differences is the widespread availability of artificial light, which, since its introduction in the mid-nineteenth century, has led to dramatic changes in sleep patterns in the industrialised world. It is thought that today we sleep at least an hour less each night than was the custom just a century ago, and probably several hours less than before industrialisation and electricity. According to some studies, artificial lighting has encouraged people to go to bed later and to sleep in a single concentrated **burst** throughout the night (monophasic sleep), rather than the more segmented and broken-up sleep patterns (polyphasic or biphasic sleep) that were previously the norm.

During the long nights of the winter months, our prehistoric ancestors – and, according to some researchers, more recent ancestors up until about two hundred years ago – may have broken sleep up into two or more chunks, separated by an hour or two of quiet restfulness. In nomadic societies, even today, it is more common for people to have this kind of biphasic sleep, or sometimes even more flexible and **fragmented** polyphasic sleep periods, sleeping on and off throughout the day or night, depending on what is happening.

Even within the developed world, there are significant differences in sleep patterns. A study carried out in ten countries in 2002 revealed some of these regional variations. For instance, while the average time the study participants slept was about 7.5 hours a night, the results from individual countries varied from 6 hours 53 minutes in Japan to 8 hours 24 minutes in Portugal. Over 42% of Brazilians took regular afternoon naps, compared to only 12% of Japanese people. Over 32% of Belgians complained of **insomnia** and other sleep problems, while only 10% of Austrians claimed not to sleep well.

A daytime nap or siesta is **commonplace** among adults in many Mediterranean countries. Spain, in particular, has raised the siesta almost to the level of an art form, although, in the hustle and bustle of the modern world, it is less **ubiquitous** than it once was. Naps are also common in parts of Africa and China.

The experience of Japan is a clear example of the way a change in culture can affect sleep patterns. In the post-war years, Japan was keen to rebuild and reassert itself and, as one expression of patriotism, Japanese workers were encouraged to start work early (and often finish late as well). The *inemuri* (a nap taken at work in order to increase productivity) was encouraged as a way for an employee to demonstrate their **commitment**, even though it probably degraded the quality of night-time sleep even more. Today, sleep is perhaps more **undervalued** in Japan than anywhere else, and sleep deprivation is endemic.

It is clear, then, that there are cultural and historical differences in the amount of sleep we get and the way we get it. Yet one thing is for sure: the need for sufficient sleep, however we may define this, is universal and unchanging.

## 2 1.13 Read and listen to the article again and answer the questions.

- 1 How has the number of hours we sleep changed over the centuries?
- 2 What's the difference between monophasic and polyphasic sleep?
- 3 Which country was found to sleep the least?
- 4 In which countries is it usual to have a short sleep in the afternoon?
- 5 Why are naps becoming less common?
- 6 Why was the *inemuri* introduced in Japan?
- 7 What effect did it have?

### 3 **SPEAKING** Work in pairs and discuss the questions.

- 1 What sleeping habits are typical in your country?
- 2 Which of the habits mentioned in the article would be unusual in your culture?
- 3 In what way do you think sleeping habits have changed over the last few decades?

### 4 **VOCABULARY** Match the highlighted words or phrases in the article to the definitions.

- 1 ordinary, everyday
- 2 not given enough importance
- 3 in one time rather than separated out into several short chunks
- 4 consisting of several separate parts
- 5 difficulty sleeping
- 6 to have an influence or effect on
- 7 loyalty
- 8 found everywhere

Write a proposal supporting the idea that your place of work should introduce a nap room for employees.

## WRITING

### A proposal

#### 1 Read the proposal and answer the questions.

- 1 What problem is the proposal trying to tackle?
- 2 What recommendation does it make?

#### 2 Read again and answer the questions.

- 1 How well does the proposal answer the question?
- 2 How varied is the language?
- 3 How well organised is it?

#### 3 When writing a proposal, the key things to mention are:

- a specific problem
- a summary of the problem and the proposed solution to it
- an idea for a solution
- justification of why it's a good solution

Match each of these areas to the paragraphs A–D in the proposal.

#### 4 Write a proposal supporting the idea that the school day should start two hours later. Use the stages outlined in Exercise 3 to help you organise your ideas.

**[A]** A recent study has shown that less than half of all Americans are getting enough sleep each night and that an overtired workforce is costing the economy millions of dollars in lost productivity each year. Clearly, anything that is losing big business so much money warrants investigation.

**[B]** Among several ideas that have been put forward, one of the most popular has been the introduction of nap rooms in many businesses across the USA. As the name suggests, a nap room is a place where employees can have a short rest during the working day in order to recharge their batteries. A nap room can be anything from a designated dark room with several beds to specially designed sleep pods.

**[C]** The idea is that rather than falling asleep at their desk, tired workers can take time out in the nap room if they need to do so. Those companies that have installed one are already reporting rises in the effectiveness of their workforce.

**[D]** Lack of sleep is clearly a widespread problem among the population and the introduction of a nap room in our offices would greatly benefit the well-being of the staff. If we could be offered a quiet room where we could catch up on sleep during breaks, we would see an overall improvement in our performance and efficiency, which in turn would increase the company's productivity.



### READING AND USE OF ENGLISH

#### Part 1: Multiple-choice cloze

Workbook page 25

- 1 For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

0 A over B in C across D into

Anyone who Googles the word 'dreams' will come <sup>0</sup>\_\_\_\_\_ thousands of sites that offer to interpret your dreams. However, there is no system of dream interpretation that is <sup>1</sup>\_\_\_\_\_ up by scientific research. Consequently, many of these sites offer nothing more than guesswork, and, indeed, the interpretations do not <sup>2</sup>\_\_\_\_\_ much from those that were around thousands of years ago. So, for example, if you dream that you are being chased, you are supposedly fleeing from uncomfortable <sup>3</sup>\_\_\_\_\_. Many people dream that an authority <sup>4</sup>\_\_\_\_\_ asks them for personal identification but they are unable to <sup>5</sup>\_\_\_\_\_ it – this, it is suggested, indicates that you are struggling to <sup>6</sup>\_\_\_\_\_ a feeling of social inadequacy. There is as yet no scientific data to <sup>7</sup>\_\_\_\_\_ these ideas. However, some scientists are gathering reports from dreamers that, in the future, will <sup>8</sup>\_\_\_\_\_ a correlation to be made between dreams and actual waking experiences.

- |                  |             |             |           |
|------------------|-------------|-------------|-----------|
| 1 A supported    | B pushed    | C backed    | D grown   |
| 2 A differ       | B change    | C resemble  | D offer   |
| 3 A remembrances | B remembers | C memories  | D recalls |
| 4 A person       | B character | C officer   | D figure  |
| 5 A manufacture  | B discover  | C search    | D produce |
| 6 A overdo       | B overcome  | C overreact | D oversee |
| 7 A suppose      | B discover  | C support   | D report  |
| 8 A allow        | B make      | C research  | D produce |

### SPEAKING

#### Part 1: Interview

In this part of the exam, the examiner will ask you some questions about you, your life and your interests. Remember: although the questions themselves aren't difficult or complicated, your answers will be judged on, among other things, your ability to use accurate and varied grammar, and a wide and appropriate range of vocabulary.

- 2 In pairs, ask and answer the questions.

- What work would you like to do in the future?
- What do you like doing in your spare time? (Why?)
- What do you spend most time doing – studying or relaxing? (Why?)
- How do you usually keep in touch with friends and relatives?
- Have you recently had a reason to celebrate something? (What?)
- Who or what is the most important influence in your life? (Why?)

## VOCABULARY

### 1 Complete the sentences with the words and phrases in the list. There are four extra words / phrases.

lie-in | oversleep | sleep | dream | unconventional | insecure | sad | rebellious | miserable  
asleep | traditional | take a nap | nerves | nod off

- My aunt's very \_\_\_\_\_. She got married in a bright red dress and dyed silver hair.
- I'd love to be someone who designs beds. It would be my \_\_\_\_\_ job.
- I've got nothing to do tomorrow morning, so I'm going to have a \_\_\_\_\_.
- Don't worry about it. It's nothing to lose \_\_\_\_\_ over.
- He might seem very confident, but underneath he's quite \_\_\_\_\_ and worries a lot.
- My younger sister is quite \_\_\_\_\_ and doesn't like being told what to do.
- I often \_\_\_\_\_ when I'm watching TV. It's so annoying as I miss the end of the programme.
- I wish he'd stop asking so many annoying questions. He's really getting on my \_\_\_\_\_.
- I'm going to set my alarm for 7 am because I don't want to \_\_\_\_\_.
- My older brother was really mean when we were younger and he made my life \_\_\_\_\_.

/10

## GRAMMAR

### 2 Complete the sentences with the words / phrases in the list. There are two extra words / phrases.

hopefully | got rid of | understandably | considerably | regrettably | nowhere near | get rid of | to have

- It's time we \_\_\_\_\_ this old TV.
- Boys tend \_\_\_\_\_ more friends than girls when they're younger.
- \_\_\_\_\_, we had to come home three days early from our holiday.
- It's \_\_\_\_\_ as hot as it was yesterday.
- \_\_\_\_\_, no one is very happy about the fare increase on the buses.
- It's \_\_\_\_\_ hotter today than it was yesterday.

### 3 Find and correct the mistake in each sentence.

- Manchester United are nowhere nearly as good as Barcelona.
- My younger brother always is taking my things without asking.
- I'd prefer it if we leave half an hour earlier.
- Not many of the birds sadly were able to survive.
- I wish I didn't eat so much at the party last night.
- Being the oldest in the family, my brother will be the most traditional.

/12

## FUNCTIONAL LANGUAGE

### 4 Choose the correct options.

- A I *find* / *discover* that adding eggs helps make a lighter cake.

B *Inform* / *Tell* me you haven't done that. I'm allergic to eggs.
- A Try not *worrying* / *worry* too much. It's only a bike.

B But *what* / *how* about work tomorrow morning? How am I going to get there?
- A You might want to *think* / *consider* inviting Dan to your party.

B I plan to invite him. I really *do* / *plan*. I just haven't seen him in a while.
- A I'd recommend to *put* / *putting* your books away. Why don't you watch a bit of TV instead?

B I don't *get* / *understand*. Are you telling me not to study?

/8

MY SCORE  /30

22 – 30

10 – 21

0 – 9