

Reading

- 1 Read the text. Complete the text with sentences A–F. There is one sentence you do not need.

DO YOU SUFFER FROM INSOMNIA?

The Bakersfield Sleep Clinic is a research and treatment centre for problems associated with sleeping and its reputation puts it at the very top of its field.

[¹_____] Or would you like to take part in some cutting-edge research into the causes of and treatments for these problems? Read further to learn about some of the sleep disorders we investigate here at the clinic.

Sleep apnoea

This is a potentially life-threatening condition where the muscles at the back of the sleeper's throat relax so much that the airway becomes blocked and the sleeper stops breathing for up to 25 seconds. [²_____] In severe cases this can happen up to 350 times a night! Obviously this condition causes extreme fatigue in sufferers and is also linked to heart problems. Sometimes, behavioural changes such as losing weight or cutting down on alcohol can help, but often specific treatment is required.

Snoring

Snoring is the subject of many jokes and considered a trivial problem by many, but for a lot of people it is a very big problem and it can affect people's lives and relationships in several ways. The reason for snoring is similar to that of sleep apnoea. When the muscles at the back of the throat relax, the soft tissue obstructs the entrance to the throat and as air tries to pass through, the tissue vibrates and produces the snoring sound. Once again, behavioural changes may help the snorer. People are asked to lose weight, avoid excessive alcohol or heavy meals before bedtime and to sleep on their sides. All these things can help the problem.

[³_____] Here at the clinic we are investigating other ways to help sufferers.

Restless leg syndrome

This condition affects about 5.6% of the UK population. It is a strange condition where the sufferer experiences odd sensations in the lower limbs. These sensations require the sleeper to move their legs to find relief and therefore constantly interrupt sleep. [⁴_____] Again, there are some simple solutions that can alleviate the symptoms such as massage, warm baths and so on, but

more research needs to be done into the problem to find a real answer.

[⁵_____] Click on to Contacts and you'll find phone numbers and e-mail addresses.

- A This forces the sleeper to wake.
 B This can cause problems socially and at work.
 C If you suffer from any of these sleep disorders and need our advice or are willing to participate in research, please contact us.
 D However, there are some cases which do not respond to changes like these.
 E Do you have a severe sleep problem?
 F Little is known about the problem, but it is thought to be genetic.

Mark /10

Vocabulary

- 2 Choose the correct answers.

- 1 I spend ages on my assignments and _____ I never get above a B for them.
 A even B yet C so
- 2 I've _____ my heart on moving to Scotland within a year or two.
 A put B made C set
- 3 Nothing much is going to change in the _____ future.
 A predicted B foreseeable C next
- 4 This time tomorrow I'll be in a better _____ to advise you.
 A position B place C opportunity
- 5 Teenagers often rebel _____ authority.
 A in front of B at C against
- 6 What do you _____ will happen when the boss returns?
 A project B forecast C anticipate
- 7 My grandfather is suspicious _____ anyone who knocks at his door.
 A of B at C by

Mark /7

3 Replace the words in bold with more formal ones.

- 1 Should you decide to **buy** the new model, it comes with a two-year guarantee.

- 2 Bring up the menu and **choose** the function you **need**. _____
- 3 Did you **get** permission from the neighbours to park outside their house? _____
- 4 It is with **deep** regret that we have to **tell** you that your uncle has passed away.

Mark /6

Grammar

4 Complete the text with the correct future forms of the verbs in brackets.

Hi Brian,
About Sandy's surprise party at the weekend. It
1 _____ (be) great if you can pick us up from the station on Saturday evening. The train 2 _____ (get) in at 6.35 on the London side so I think it
3 _____ (be) easier if you meet us outside the south entrance. We
4 _____ (wait) by the ticket machine. We 5 _____ (not have) a chance to change for the party before we arrive so 6 _____ (it be) OK to change at your place? I know that Sue
7 _____ (make) a load of sandwiches and I hope the caterers
8 _____ (deliver) the cake before 7.30. 9 _____ (you bring) the champagne? It
10 _____ (be) a fantastic evening and Sandy has no idea what

11 _____ (happen)! We
12 _____ (see) you at the station!

Jacky

Mark /12

5 Report these statements using the most appropriate introductory verb and making other necessary changes.

- 1 'Don't say anything to Brad or we're in big trouble,' said Fred.

- 2 'I'll definitely be there by 1.30,' said Mark.


- 3 'You must try the new restaurant in Market Street. It's excellent,' said Rose.

- 4 'Do you fancy a coffee after work?' said Tina.

- 5 'It was you who told Dad about me losing all that money, wasn't it?' said Dave.

Mark /5

Listening

- 6**  **5.06** Listen to a radio phone-in programme. Match the callers and the occupations. Then match the reasons for their sleep problems.

Jobs: businessman student actor
radio presenter supermarket worker

Reasons: socialising work patterns
inconsistency fear
unreliability of something else

Caller 1 _____
Caller 2 _____
Caller 3 _____
Caller 4 _____
Caller 5 _____

Mark /10

Writing

- 7** Write a story for a magazine competition ending with the words ‘...I was left alone, staring at the red lights of the car as it disappeared into the night.’ Use the writing guide to help you. Write 200–250 words.

Paragraph 1: Set the scene.

Paragraphs 2 and 3: Describe what happened, how you felt, and what the atmosphere was like.

Paragraph 4: Bring the story to a conclusion.

Mark /10

Total /60