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INGLÉS

OPTION B

THE BENEFITS OF SLEEPING AFTER LUNCH

While we sleep our brain keeps working and consolidates our memories. This is why people are often told to get a good night's sleep before they have some type of major activity, project or exam.

But what about napping - that is to say, sleeping for a short time - during the day? Short periods of sleep help our brains operate better, according to the conclusions of a recent study on napping carried out by the University of Pennsylvania.

The team studied 3,000 adults, aged 65 years or older, who were given basic mathematical problems and memory tests to assess their cognitive ability. Researchers found that the people who took a nap after lunch performed better than those who did not sleep in the middle of the day. The study also suggested that an hour was the best length for a nap. People who had longer or shorter rests performed up to six times worse on the tasks. Taking an afternoon nap of the right length is so beneficial that it has the same effect on test performance as being five years younger, the investigators said.

We have to keep in mind, however, that these findings refer to people over the age of 65, so they do not necessarily apply to everybody. Moreover, Dr. Twery – the director of the *National Center on Sleep Disorders* (NCSD) – explains that an hour's nap may be too long for young, healthy adults: "Currently, we are recommending that we try to sleep for about 30 minutes or less. It is enough to remove our feeling of tiredness and will help us feel more alert. If we nap longer, we may experience something called "*sleep inertia*", the state when we awake from a very deep sleep and are confused and disorientated."

According to the NCSD, nearly one-third of U.S. adults take a nap during the day, and sleeping after lunch is a lot more common than suspected when it comes to Americans' daily routines. However, many people do not admit that they take a nap because they don't want to look lazy.



OPTION B

I.- Answer questions 1-4 according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (4 marks)

1. Why is it advisable to sleep well the night before an exam?
2. According to the study, what are the benefits of having a nap after lunch?
3. According to Dr. Twery, what is the danger of taking a long nap?
4. Why do people hide the fact that they take naps?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (2 marks)

1. According to a study of people over 65, the longer the nap they took, the better they did on tests.
2. In the U.S. taking a nap after lunch is more frequent than people think.

III.- Find the words or expressions in the text that mean: (1 mark)

1. important, significant, crucial
2. people working together as a group in order to achieve something
3. simple and not complicated
4. at the present time, now

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks)

1. "Many people do not realize how important sleep is. Instead, they think of it as a waste of time. Nevertheless, time spent in bed asleep is time well spent." Discuss.
2. What do you do the night before an exam? Do you make sure that you get enough sleep? Explain.

SELECTIVITY EXAM

THE BENEFITS OF SLEEPING AFTER LUNCH

I. – Answer questions 4 questions according to the information given in the text. Use your own words. (4 marks)

REMEMBER TO INSERT THE QUESTIONS AND USE YOUR OWN WORDS

1. – Why is it advisable to sleep well the night before an exam?

It is advisable to sleep well the night before an exam as / since sleeping helps (to) consolidate memories / when we sleep, our memories are consolidated in our brain. (p.1)

2. – According to the study, what are the benefits of having a nap after lunch?

According to the study, the benefits of having a nap after lunch are that it helps people's brains (to) work better / helps people (to) have better mental (cognitive) abilities. (p.2/3)

3. – According to Dr. Twery, what is the danger of taking a long nap?

According to Dr. Twery, the danger of taking a long nap is that if we take a long nap, we may sleep too deeply and feel unable to think clearly when we wake up / and feel confused when we wake up. (p.4)

4. – Why do people hide the fact that they take naps?

People hide the fact that they take naps since / as they do not want others to think they are not hardworking / they are lazy. (p.5)

II. – Are these statements True or False? Justify your answers based on information from the text, rewriting the original sentences in your own way or quoting properly. (2 marks)

REMEMBER TO INTRODUCE THE APPROPRIATE WORDING

1. – According to a study of people over 65, the longer the nap they took, the better they did on tests.

This statement is **FALSE**. "People who had longer ... rests performed up to six times worse on the tasks."

2. – In the U.S. taking a nap after lunch is more frequent than people think.

This statement is **TRUE**. "sleeping after lunch is a lot more common than suspected when it comes to Americans' daily routines."

III. – Find the words or expressions in the text that mean: (1 mark)

1. – important, significant, crucial ADJ *major* (paragraph 1)

2. – people working together as a group in order to achieve something NOUN *team* (paragraph 3)

3. – simple and not complicated ADJ *basic* (paragraph 3)

4. – at the present time, now ADV *currently* (paragraph 4)