

Part One: Reading

(Score: 11)

Read the following selection, in which the writer analyzes the problems of sleep, and then answer the questions that follow.

You've Never Slept Better

1 "Bed is a medicine," instructs an Italian proverb. Increasingly, Americans are reversing that advice by swallowing sleeping pills to speed their sleep. According to a recent report from the research company IMS Health, pharmacists in the United States filled some 42 million prescriptions for sleeping pills last year, a rise of nearly 60 % since 2000. Are we running too quickly to the medicine cabinet? Or is insomnia genuinely reaching epidemic proportions, a consequence perhaps of the hectic pace of modern life?

2 In all likelihood, we have never slept so soundly. Yes, the length of a single night's sleep has decreased over the years (upward of 30 % of adults average six or fewer hours), but the quality of our sleep has improved significantly. And quality, and not quantity, sleep researchers tell **us**, is more important to feeling well rested.

3 **This** is not to minimize the torment of insomnia. But for most of us, slumber is reasonably tranquil—especially when compared with what passed for a night's rest before the modern era. Despite nostalgic notions about sleep in past centuries, threats to peaceful slumber lurked everywhere, from parasites and harmful chamber plants to tempestuous weather.

4 Worst in this pre-penicillin age was sickness, especially respiratory tract illnesses like influenza, pulmonary tuberculosis and asthma, all aggravated by harmful insects. One 18th century diarist recounts that asthma forced her husband to sleep in a chair for months, with "watchers" required to hold his head upright. Among the laboring poor, whose living conditions were horrendous, sleep deprivation was probably chronic, prompting many to nap at midday, much to the annoyance of their masters.

5 As if these maladies were not enough, we now also know that pre-industrial families commonly experienced a "broken" pattern of sleep, though few regarded it in a dim light. Until the modern age, most households had two distinct intervals of slumber, known as "first" and "second" sleep, bridged by an hour or more of quiet wakefulness. Usually, people would retire between 9 and 10 o'clock only to stir past midnight to smoke a pipe, brew a tub of ale or even converse with a neighbor.

6 The principal explanation for this mysterious pattern of slumber probably lies in the absence of artificial lighting. There is a growing consensus on the impact of modern lighting on sleep. The Harvard chronological effects, producing, among other changes, altered levels of melatonin, the hormone that helps to almost regulate our activities all day.

7 In fact, during clinical experiments at the National Institute of Mental Health, human subjects deprived of light at night for weeks at a time exhibited a segmented pattern of sleep closely resembling that related in historical sources (as well as that still exhibited by many wild mammals). The subjects also experienced, during intervals of wakefulness, measurably higher levels of prolactin, the hormone that allows hens to sit happily upon their eggs for long periods.

8 These elevations of prolactin reinforce historical descriptions of complacent feelings at "first walking" and, back then, probably helped calm people's worries about the night's perils. Prolactin is also what differentiates segmented sleep, with its interval of "non-anxious wakefulness" that nearly resembles a meditative state, from the tossing-and-turning insomnia we medicate against.

9 Remarkably, then, our pattern of consolidated sleep has been a relatively recent development, another product of the industrial age, while segmented sleep was long the natural form of our

slumber, having an origin as old as humankind. (Homer even invoked the term “first sleep” in “The Odyssey.”) For experts like Dr. Thomas Wehr, who conducted the experiments at the National Institute of Mental Health, some common sleep disorders may be nothing more than sleep’s older, primal pattern trying to reassert **itself**.

10 That theory, of course, remains to be proved. In the meantime, rather than resort to excessive medication, we might try to remember that though we’re sleeping less, we’re sleeping better and more effortlessly than humans ever have. We might, on occasions, even choose to imitate our ancestors, for **whom** the dead of night, rather than being a source of dread, often afforded a welcome refuge from the routine of daily life.

Questions

A. Answer each of the following in 1- 4 sentences of your own.

1. In reference to the selection, define the following terms.
 - a. insomnia b. melatonin c. prolactin (Score: 0.75)
2. With respect to the selection, show the relationship between light and sleep. Give evidence to support your answer. (Score: 01)
3. What idea do the statistical figures in paragraph 1 illustrate? (Score: 1.25)
4. How has advanced medicine contributed to better quality sleep? Support your answer with evidence. (Score: 1.25)

B.

1. What are the purposes of the writer for ending the introduction with a series of questions? Justify your answer. (Score: 1.25)
2. What means of support does the writer use to achieve credibility? Support your answer with evidence. (Score: 1.25)
3. What pattern of organization does the writer use in paragraph 9? Identify the indicators to verify your answer. (Score: 1.25)

C. Skim the selection to spot out two corresponding differences between sleep in the pre-industrial and post-industrial periods, and then fill the chart below, using phrases.

(Score: 01)

Sleep	
Pre-industrial	Post-industrial
1.	1.
2.	2.

D. The following statements are false because they misinterpret information in the selection.

Rewrite them correctly.

(Score: 01)

1. With time, sleeping hours and sound sleep have remained unchanged.
2. Segmented sleep is a typical characteristic of the pre-industrial period only.

E. What do the underlined pronouns refer to?

(Score: 01)

1. us, paragraph 2 2. This, paragraph 3
3. itself, paragraph 9 4. whom, paragraph 10

Part Two: Writing

(Score: 09)

“Bed is a medicine,” instructs an Italian proverb. Explain the proverb, focusing on the importance of relaxation and entertainment (sleep, travel, extracurricular activities, festivals, etc.) in protecting our body (health) on one hand, and in “recharging” us to produce better on the other hand. Develop your answer in an essay of 400 – 500 words. Make sure that, in your introduction, you put your reader in the general atmosphere of your topic and clearly provide a thesis statement, and that each of your body paragraphs starts with a topic sentence which you back up with relevant supporting details. Draft, revise, and proofread your essay. Your writing will be assessed for ideas, language and style, and tidiness. (Score: 05 for ideas and organization, 03 for language and style, and 01 for tidiness and legible handwriting)

اسم: الرقم:	مسابقة في مادة اللغة الانكليزية المدة ثلاث ساعات	مشروع معيار التصحيح
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Part of the Q	Answer Key	Mark												
	Competencies: - Utilize reading strategies - Develop literal and interpretive comprehension of written discourse - Produce transactional writing													
I-A-1-a	insomnia ; inability to sleep soundly	0.25												
I-A-1-b	melatonin : a hormone that helps regulate sleeping hours	0.25												
I-A-1-c	prolactin ; a hormone that relaxes people for a long time	0.25												
I-A-2	Lack of light probably creates broken “patterns” of sleep: “first” and “second” sleep. To prove his point of view, the writer refers to experiments where sleeping people deprived of light exhibited segmented patterns, plus intervals of wakefulness.	01												
I-A-3	The statistical figures indicate the importance of sleeping pills in modern life and consequently show the influence of medication on one’s “sound sleep.”	1.25												
I-A-4	Advanced medicine has had a positive effect on sleep. The developed medication has helped man overcome sickness, especially pulmonary and respiratory diseases that have been the main causes of insomnia.	1.25												
I-B-1	In fact, the writer does not state his thesis explicitly; instead, he raises questions which imply the thesis and prepare for the analysis. Moreover, the questions draw the reader’s attention and arouse the reader’s interest and curiosity.	1.25												
I-B-2	The writer uses facts and statistical figures (Par. 1 and 2). He resorts to history and historic live examples to verify his point of view (Par. 3, 4, 5). Finally, the writer resorts to experts’ opinions and experiments conducted by scientists (Par. 6 and 7).	1.25												
I-B-3	The writer in paragraph 9 uses the contrast pattern to arrange the ideas. He contrasts sleeping “then and now” (past and present). The words “then” and “while” indicate this pattern. N.B. 0.5 for identification and 0.75 for justification	1.25												
I-C	<p style="text-align: center;">Sleep</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Pre-industrial</th> <th>Post-industrial</th> </tr> </thead> <tbody> <tr> <td>1. more sleeping hours</td> <td>1. less sleeping hours</td> </tr> <tr> <td>2. quantity sleep</td> <td>2. quality sleep</td> </tr> <tr> <td>3. common sleep deprivation</td> <td>3. slumber, tranquil and sound</td> </tr> <tr> <td>4. broken and segmented</td> <td>4. sound and full</td> </tr> <tr> <td>5. natural</td> <td>5. partly artificial</td> </tr> </tbody> </table> <p>N.B. * 0.25 for each answer * Any two of the above Pre-industrial and any two of the post-industrial are considered correct, but they should be corresponding.</p>	Pre-industrial	Post-industrial	1. more sleeping hours	1. less sleeping hours	2. quantity sleep	2. quality sleep	3. common sleep deprivation	3. slumber, tranquil and sound	4. broken and segmented	4. sound and full	5. natural	5. partly artificial	01
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I-D-1	The sleeping hours have become 30% less, but the quality of sleep has become better.	0.5												
I-D-2	It is much longer. The writer says it is “as old as mankind.”	0.5												
I-E-1	us, paragraph 2The common reader(s)	0.25												
I-E-2	This, paragraph 3, the phenomenon of less sleeping hours with a better	0.25												

	quality, or the idea expressed in paragraph 2.	
I-E-3	Itself, paragraph 9, primal pattern	0.25
I-E-4	Whom, paragraph 10, our ancestors	0.25
II-A	Ideas and organization	05
II-B	Language and style	03
II-C	Tidiness and legible handwriting	01