

Inference

Homework - 1 Answers

1

What is meant by the phrase “the elastic band of sleep deprivation can stretch only so far before it snaps” (paragraph 4)?

2
marks

2
mins

Hints	Reference
What do you think the writer means when he says “snaps”?	Paragraph 4

Model Answer

The phrase “the elastic band of sleep deprivation can stretch only so far before it snaps” means that a person who is experiencing sleep deprivation will eventually reach a breaking point. The writer is suggesting that there is a limit to how much sleep deprivation a person can put themselves through before they experience the consequences.

☐ Point

☐ Explain

Bad Answer

It means that if you do not get enough sleep, eventually something bad will happen.

Bad Answer Commentary

This student needs to explain their answer in more detail in order to show that they understand the meaning of the phrase. This is a two-mark question, so students should provide a second piece of explanation.



**2**

Find three pieces of evidence which tell us that sleep deprivation has a negative impact on our physical health.

3
marks**3**
mins

Hints	Reference
Look for facts and statistics related to the decline of physical health.	Paragraph 2

Model Answer

Three pieces of evidence which tell us that sleep deprivation has a negative impact on our physical health are: "routinely sleeping less than 6 hours a night weakens your immune system", "inadequate sleep [...] disrupts sugar levels so profoundly that you would be classified as pre-diabetic", and "short sleep increases the likelihood of your coronary arteries becoming blocked and brittle."

☐ Evidence

Bad Answer

Evidence which proves sleep deprivation has a negative impact on our physical health is: "sleep disruption further contributes to all major psychiatric conditions, including depression and anxiety".

Bad Answer Commentary

This student has identified evidence which relates to mental health rather than physical health. They have also only provided one piece of evidence. Students must select three pieces of evidence to achieve all marks available.





3

Identify a persuasive technique used by the writer and explain its effect.

3
marks



3
mins

Hints	Reference
Look out for techniques the writer has used to engage the reader.	Whole text

Model Answer

The writer repeatedly uses rhetorical questions in order to engage the reader. Questions such as "Do you think you got enough sleep this past week?" force the reader to consider their own sleeping habits. By confronting the reader in this way, the writer highlights the importance of good sleeping habits and the dangers of sleep deprivation.



Point



Evidence



Explain

Bad Answer

The writer uses facts and statistics to scare the reader.

Bad Answer Commentary

This student has correctly identified a persuasive technique, but has failed to provide an appropriate explanation. Students must explain the effect the given technique has on the reader in order to achieve all marks available.





4

How does the author communicate the severity of sleep deprivation to the reader? Use evidence from the text to support your answer.

4
marks



4
mins

Hints	Reference
What methods does the writer use to present this information to the reader?	Whole text

Model Answer

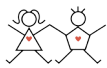
The writer uses medical facts and statistics to communicate the severity of sleep deprivation to the reader. The writer explains that "the Centre for Disease Control declared insufficient sleep as a public health epidemic. It may not be a coincidence that countries such as the US, the UK, Japan, and South Korea [...] are also those suffering the greatest increase in rates of the aforementioned physical diseases and mental disorders". This legitimises the writer's concerns by demonstrating the very real impact sleep deprivation has on public health. In showing this correlation, the writer clearly communicates how serious and dangerous sleep deprivation is.

Point

Evidence

Explain





How does the author communicate the severity of sleep deprivation to the reader? Use evidence from the text to support your answer.

Bad Answer

The writer uses medical advice to show how serious it is. If it wasn't serious, there would not be medical advice about sleep.

Bad Answer Commentary

This answer fails to address the question in detail. Although they acknowledge the writer's methods, they do not provide a clear explanation. This is a four-mark question, so students are expected to write at least one PEE paragraph as part of their response.



**5**

What does the writer suggest doctors can do to help combat the effects of sleep deprivation on their patients?

[A] Liberating

[B] Freeing

[C] Yielding

[D] Assisting

[E] Subduing

1
mark



1
min

Hints	Reference
Look at the last section of the extract.	Paragraph 5

Answer

A – Prescribe sleep to their patients instead of medication

Answer Explanation

The writer explains that scientists 'have started lobbying doctors to start "prescribing" sleep'.





What does the writer suggest doctors can do to help combat the effects of sleep deprivation on their patients?

- [A] Liberating
- [B] Freeing
- [C] Yielding
- [D] Assisting
- [E] Subduing

Bad Answer

- B – Confiscate electrical devices which prevent their patients from sleeping
- C – Promote the importance of exercise and a balanced diet
- D – Impose a mandatory bedtime to their patients
- E – Give their patients medication to help them sleep

Bad Answer Commentary

Options B and D are incorrect. The writer does not refer to the confiscation of devices, nor to the imposition of a mandatory bedtime.

Options C and E are also incorrect. Although a healthy diet and exercise are important, the writer does not refer to them. He also stresses that sleep – not medication – should be prescribed by doctors to their patients.



**6**

According to the extract, routinely sleeping less than 6 hours a night increases a person's chance of developing which of the following health issues?

Option 1: Alzheimer's disease

Option 2: Cardiovascular disease and congestive heart failure

Option 3: Appendicitis and tonsillitis

Option 4: Stroke

[A] Option 1 only

[B] Options 2 and 3

[C] Options 1, 2, and 4

[D] Options 3 and 4

Hints	Reference
Which of these ailments does the author refer to in the text?	Paragraph 2

Answer

C – Options 1, 2, and 4

Answer Explanation

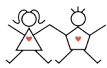
The writer explains that a prolonged lack of sleep can lead to all four of these health issues.

2
marks



2
mins





According to the extract, routinely sleeping less than 6 hours a night increases a person's chance of developing which of the following health issues?

Option 1: Alzheimer's disease

Option 2: Cardiovascular disease and congestive heart failure

Option 3: Appendicitis and tonsillitis

Option 4: Stroke

[A] Option 1 only

[B] Options 2 and 3

[C] Options 1, 2, and 4

[D] Options 3 and 4

Bad Answer

A – Option 1 only

B – Options 2 and 3

D – Options 3 and 4

Bad Answer Commentary

Options A, B, and D are all incorrect because sleep deprivation does not cause appendicitis and tonsillitis. It can lead to Alzheimer's disease, cardiovascular disease, congestive heart failure, and stroke.

