

Inference

Homework - 1

Name: _____

Date: _____

Read the passage carefully, then answer the questions that follow.

Why We Sleep

by Matthew Walker

This extract is from a book which explores the importance of sleep and the effects of sleep deprivation.

- Paragraph 1 Do you think you got enough sleep this past week? Can you recall the last time you woke up without an alarm clock feeling refreshed, not needing caffeine? If the answer to either of these questions is “no,” you are not alone. More than a third of adults in many developed nations fail to obtain the recommended seven to nine hours of nightly sleep.
- Paragraph 2 I doubt you are surprised by this fact, but you may be surprised by the consequences. Routinely sleeping less than six hours a night weakens your immune system, substantially increasing your risk of certain forms of cancer. Insufficient sleep appears to be a key lifestyle factor linked to your risk of developing Alzheimer’s disease. Inadequate sleep—even moderate reductions for just one week—disrupts blood sugar levels so profoundly that you would be classified as pre-diabetic. Short sleeping increases the likelihood of your coronary arteries becoming blocked and brittle, setting you on a path toward cardiovascular disease, stroke, and congestive heart failure. Fitting Charlotte Brontë’s prophetic wisdom that “a ruffled mind makes a restless pillow,” sleep disruption further contributes to all major psychiatric conditions, including depression and anxiety.
- Paragraph 3 Perhaps you have also noticed a desire to eat more when you’re tired? This is no coincidence. Too little sleep swells concentrations of a hormone that makes you feel hungry while suppressing a companion hormone that otherwise signals food satisfaction. Despite being full, you still want to eat





more. It's a proven recipe for weight gain in sleep-deficient adults and children alike. Worse, should you attempt to diet but don't get enough sleep while doing so, it is futile, since most of the weight you lose will come from lean body mass, not fat.

Paragraph 4 Add the above health consequences up, and a proven link becomes easier to accept: relative to the recommended seven to nine hours, the shorter your sleep, the shorter your life span. The old maxim "I'll sleep when I'm dead" is therefore unfortunate. Adopt this mind-set, and it is possible that you will be dead sooner and the quality of that (shorter) life will be worse. The elastic band of sleep deprivation can stretch only so far before it snaps. Sadly, human beings are in fact the only species that will deliberately deprive themselves of sleep without legitimate gain. Numerous components of wellness, and countless seams of societal fabric, are being eroded by our costly state of sleep neglect: human and financial alike. So much so that the Centre for Disease Control declared insufficient sleep as a public health epidemic. It may not be a coincidence that countries where sleep time has declined most dramatically over the past century, such as the US, the UK, Japan, and South Korea, and several in western Europe, are also those suffering the greatest increase in rates of the aforementioned physical diseases and mental disorders.

Paragraph 5 Scientists such as myself have even started lobbying doctors to start "prescribing" sleep. As medical advice goes, it's perhaps the most painless and enjoyable to follow. But can we go so far as to say that a lack of sleep can kill you outright? Quite possibly.



Read carefully the passage given above and answer the following questions in the space provided.

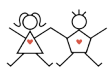
- 1 What is meant by the phrase “the elastic band of sleep deprivation can stretch only so far before it snaps” (paragraph 4)?

(2)

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

(3)





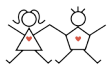
- 3 Identify a persuasive technique used by the writer and explain its effect.

(3)

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

(4)





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

(1)

- [A] Prescribe sleep to their patients instead of medication
- [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

.....

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?

(2)

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

