

PROFICIENCY SAMPLE

LISTENING (20 Pts.)

You will listen to a passage about *SLEEP*, and choose the best answer.

1. Majority of the people are not aware of the fact that sleep deprivation can _____.

- a. be caused by environmental factors.
- b. lead to serious mental problems. problem.
- c. be an important health problem.
- d. be a genetic and hereditary problem.

2. Why do modern people tend to sleep less ?

- a. To spend time for things other than working.
- b. To work longer hours and do extra night shifts.
- c. To earn money and set up a business.
- d. To spend more time with their family.

3. Why does the lecturer mention about watching TV, listening to music and working on the computer ?

- a. To show that people can only watch TV on the weekends.
- b. To show that they are very easy to access nowadays.
- c. To explain the necessity of the technological devices.
- d. To emphasize the harmful effects of the internet.

4. All of the below are consequences of sleep deprivation EXCEPT ; _____.

- a. not having enough energy
- b. not being able to think carefully
- c. lack of motivation
- d. making mistakes

5. The lecturer mentions all of the below as a solution for sleep deprivation EXCEPT ; _____.

- a. educate people about sleeping more problem
- b. quitting people's bad habits
- c. finding the causes of the
- d. changing the sleeping routines

ANSWER KEY

1. c 2. a 3. b 4. c 5. d