

1. The romantic ---- between chocolate and love likely gave rise to the tradition of heart-shaped boxes filled with chocolates, emerging as the preferred gift for couples every Valentine's Day.

A) determination – azim, kararlılık //// determine: belirlemek /// determined: azimli

B) proposal – öneri /// propose: önermek, teklif etmek

● affiliation – ilişki, bağlantı

D) arrival – varış /// arrive: varmak

E) enhancement – ilerleme, gelişim

give rise to → sebep olmak, yol açmak  
lead to → bring about  
cause → result in  
trigger  
stimulate induce

2. Since some African proverbs are often ---- to listeners who are unfamiliar with African cultures, they are sometimes employed as a secretive form of language, serving to keep outsiders from grasping their meanings.

as a noun

A) indisputable – dispute: tartışmak /// disputable: tartışılabilir / indi... tartışmasız

B) irreversible – geri döndürülemez

C) inadequate – adequate: yeterli /// adequately: yeterli bir şekilde /// inadequate: yeterli değil

D) incompatible - uyumsuz ✓

incomprehensible – comprehend (v): anlamak, kavramak // comprehensible: anlaşılabilir /  
incomprehensible: anlaşılamaz ✓

ünütelligi

Comprehensive: kapsamlı

grasp ⇒ anlamak  
kavramak

3. Today, we may consider the presence of dinosaurs as commonplace, yet it has required centuries of meticulous examination to comprehend how to ---- interpret the hints within the fossil record.

- A) precisely – tam olarak  
B) controversially – tartışmalı bir şekilde  
C) accidentally – kazara / by chance  
D) unwillingly – istemeyerek  
E) indirectly – dolaylı bir şekilde

accurately interpret

~~Verb to have V3~~

4. To meet our preference for lower-fat options in place of our favorite high-fat foods, the food industry ---- different versions ---- fat substitutes.

en, an, erak, arak

A) creates / to use

● has created / using

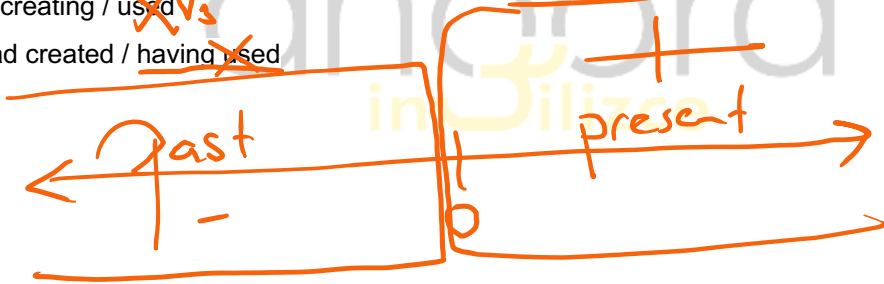
C) created / being used

D) is creating / used

E) had created / having used

aktif nesne

be V3



5. In dentistry, a substantial amount of work ---- to preventive care, implemented during regular check-ups and cleanings; nonetheless, at times, dentists ---- reactive procedures, such as addressing dental cavities.

A) was dedicated / used to perform

B) has been dedicated / had to perform X

C) will be dedicated / may perform

D) had been dedicated / should perform X

is dedicated / need to perform

angora  
in English

angora  
in English

6. Microscopic particles filled with essential nutrients could offer an improved method of delivering supplements to individuals facing the risk of malnutrition.

- A) for / towards
- B) in / to
- C) through / over
- D) with / for
- E) over / in

filled with  
in

angora  
inSilizce

angora  
enSilizce

7. ---- there are certain shared traits that enhance comprehension of autism, it is hardly true that all individuals with the spectrum manifest identical characteristics or behaviours.

A) As long as – diđı sürece – if – on condition that – provided that

B) Because – diđı için – since – as – given that

C) While – ken, e rağmen – whereas, as – although, though, even though, much as

D) Unless – mezse, mazse

E) Just as – tıpkı...diđı gibi

**No, not, none, actually, also, comparative, superlative, merely, only, still, all, little, hardly**

8. Sleepiness and fatigue have been linked to declines in vigilance, reaction time, memory, information processing, and decision-making, all crucial ---- for a variety of work tasks ---- for safely driving home from work.

A) so / that //// so adj/adv that: öyle...ki /// o kadar ... ki

B) not only / but also – sadece...değil, aynı zamanda .../// both...and

C) whether / or – ister...ister

D) neither / nor – ne...ne de //// either ...or: ya ... ya da

E) the more / the more - **ne kadar... o kadar**

The more you eat, the fatter you will become...

The more you study, the better results you will get.

Not only/but also-both/and-either/or-neither/nor: parallel durum bağlaçları... yani birisinişn yanında ne geldiyse (isimse mesela) diğnerinin yanında da o gelir (isim yani)



9. ---- the red hemoglobin present in human blood, featuring an iron atom in its molecule, lobsters and other large crustaceans possess blue blood that contains hemocyanin.

- A) In case of - durumunda
- B) In terms of – bakımından, açısından
- C) Thanks to – sayesinde
- D) As a result of – den dolayı
- E) In contrast to – nin aksine

10. ---- Julius Caesar was the first Roman general to land foot in Great Britain, the actual occupation of the island commenced nearly a century later during the reign of Emperor Claudius.

A) So that – sın diye... so that MODAL...

B) Whereas – ken – while – taban tabana zıtlık

C) As – ken, dıkça/dikçe, dıđı için

D) Although – e rađmen – even if, even though, much as, while, in spite of the fact that

E) In case – r diye...

In our current time, we rely (11)---- on manufactured medicines and prescriptions, which dominate the scene. But is this the only way (12)----? Despite having many engineered options, more people are turning to medicinal plants, the origins of healing. Herbal remedies, known for promoting well-being, are making a comeback. Surprisingly, at the start of the 21st century, about 11 percent of vital drugs recognized by the World Health Organization came directly from flowering plants. Common drugs (13)---- codeine and morphine have plant ingredients. (14)---- these manufactured drugs are crucial, it's reassuring that nature's power is there to support us. Herbal choices are available to complement our health practices. The true extent of their effectiveness is still being explored, but knowing these natural options exist adds a comforting dimension (15)---- our well-being.

11.

- A) accurately – doğru bir şekilde
- B) heavily – yoğun bir şekilde
- C) primitively – ilkel bir şekilde
- D) severely – sert bir şekilde (negatif)
- E) adequately – yeterli bir şekilde

In our current time, we rely (11)---- on manufactured medicines and prescriptions, which dominate the scene. But is this the only way (12)----? Despite having many engineered options, more people are turning to medicinal plants, the origins of healing. Herbal remedies, known for promoting well-being, are making a comeback. Surprisingly, at the start of the 21st century, about 11 percent of vital drugs recognized by the World Health Organization came directly from flowering plants. Common drugs (13)---- codeine and morphine have plant ingredients. (14)---- these manufactured drugs are crucial, it's reassuring that nature's power is there to support us. Herbal choices are available to complement our health practices. The true extent of their effectiveness is still being explored, but knowing these natural options exist adds a comforting dimension (15)---- our well-being.

12.

- A) ~~being~~ healed P  
 B) to be healed P  
 C) ~~healing~~ A  
 D) ~~having~~ healed A  
 ● to heal A
- way means to Verb  
 Having V<sub>3</sub>

In our current time, we rely (11)---- on manufactured medicines and prescriptions, which dominate the scene. But is this the only way (12)----? Despite having many engineered options, more people are turning to medicinal plants, the origins of healing. Herbal remedies, known for promoting well-being, are making a comeback. Surprisingly, at the start of the 21st century, about 11 percent of vital drugs recognized by the World Health Organization came directly from flowering plants. Common drugs (13)---- codeine and morphine have plant ingredients. (14)---- these manufactured drugs are crucial, it's reassuring that nature's power is there to support us. Herbal choices are available to complement our health practices. The true extent of their effectiveness is still being explored, but knowing these natural options exist adds a comforting dimension (15)---- our well-being.

13.

- A) as opposed to – nin aksine – unlike
- B) as well as – nin yanısıra – in addition to – and – besides – together with – aside from – apart from
- C) in contrast to – nin aksine
- D) such as – gibi - like
- E) because of – den dolayı – due to – owing to – thanks to – as a result of

In our current time, we rely (11)---- on **manufactured medicines** and prescriptions, which dominate the scene. But is this the only way (12)----? Despite having many engineered options, more people are turning to medicinal plants, the origins of healing. Herbal remedies, known for promoting well-being, are making a comeback. Surprisingly, at the start of the 21st century, about 11 percent of vital drugs recognized by the World Health Organization came directly from flowering plants. Common drugs (13)---- codeine and morphine have plant ingredients. (14)---- these **manufactured drugs** are crucial, it's reassuring that **nature's power** is there to support us. Herbal choices are available to complement our health practices. The true extent of their effectiveness is still being explored, but knowing these natural options exist adds a comforting dimension (15)---- our well-being.

14.

- A) Only when – sadece diđi zaman
- B) If – eđer...se/sa
- C) While – ken, e rađmen
- D) Because – diđi iin, ünkü
- E) Before – meden nce

In our current time, we rely (11)---- on manufactured medicines and prescriptions, which dominate the scene. But is this the only way (12)----? Despite having many engineered options, more people are turning to medicinal plants, the origins of healing. Herbal remedies, known for promoting well-being, are making a comeback. Surprisingly, at the start of the 21st century, about 11 percent of vital drugs recognized by the World Health Organization came directly from flowering plants. Common drugs (13)---- codeine and morphine have plant ingredients. (14)---- these manufactured drugs are crucial, it's reassuring that nature's power is there to support us. Herbal choices are available to complement our health practices. The true extent of their effectiveness is still being explored, but knowing these natural options exist adds a comforting dimension (15)---- our well-being.

15.

A) over

to

C) among

D) with

E) beneath

They ⊕ → ⊕ → anoora in English ⊕

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16. --- given that both sign language and written language offer perfectly adequate means for expressing thoughts without constraints.

- A) Language extends beyond mere external expression ✗
- B) Only humans have developed a sophisticated combination of voice, hearing, and brain-processing skills ✗
- ⊕ C) Human language encompasses more than just speech
- D) Some may argue that other species also communicate with each other ✗
- E) Face-to-face communication provides an equally effective means of conveying your message

add to



comparative  
↓  
setl.1

17. ----, its simultaneous involvement in cognitive function remains considerably less clear.

- A) Given that the cerebellum plays a key role in motor function by regulating the output of neurons
- B) Whenever information from the sensory systems is received by the cerebellum
- C) While the recognition of the cerebellum's role in motor function is well-established
- D) Although the human cerebellum does not initiate movement
- E) Just as the cerebellum is probably the single most important link between visual and motor areas of the cerebral cortex

18. Although prison treatment programs are mandated in case of an outbreak in all UK prisons, ----.

- A) controlling infection in such settings is crucial for preventing large outbreaks like COVID-19
- B) they provide five examples of policies to slow viral pandemic spread in prisons and jails, mitigating the impact on public health
- C) state authorities should establish an updated coordination system uniting health and justice sectors, ensuring human rights in facilities
- D) numerous inmates face hindrances such as overcrowding and insufficient staff preventing their access
- E) disease outbreaks are typically caused by infections transmitted through person-to-person or animal-to-person contact

19. Although 'literacy' is commonly understood as the ability to read and write, ----.

A) the concept has evolved, encompassing various sources like audio-visual materials

B) language's central role in developing key literacy-related skills prompts crucial questions about literacy development's nature

C) children's literacy development results from both early experiences and later experiences

D) supporting those in impoverished countries to acquire literacy is crucial for active participation in their countries' development

E) the significance of developing digital literacy for improved school success is still not widely recognized

20. ---- its transformation into a formidable and feared entity unfolded over centuries.

- A) Because the myth of Roman lifestyle persisted after the empire's demise → yok oldu
- B) After Roman soldiers built forts and collected taxes even during wartime
- C) Even if Rome's army was raised based on citizenry property qualifications
- D) As Roman soldiers, more literate than the general population, left records of their lives
- While the Roman army is now renowned as the most powerful military force in the ancient world

9099 809

21. Wildlife decline driven by habitat destruction, overhunting, pollution, invasive species, and climate change, can be ultimately linked to overpopulation, continuous growth, and excessive consumption, especially by the wealthy.

A) Yaban hayatı, habitat tahribatı, aşırı avlanma, kirlilik, istilacı türler ve iklim değişikliği nedeniyle azalırken, aşırı nüfus artışı, sürekli büyüme ve özellikle zenginlerin aşırı tüketimi de diğer faktörlerden bazılarıdır.

B) Habitat tahribatı, aşırı avlanma, kirlilik, istilacı türler ve iklim değişikliğinin neden olduğu yaban hayatındaki düşüş, nihayetinde aşırı nüfus artışı, sürekli büyüme ve özellikle varlıklı kesimin aşırı tüketimine bağlanabilir.

C) Habitat tahribatı, aşırı avlanma, kirlilik, istilacı türler ve iklim değişikliğinin yol açtığı yaban hayatının azalması, nihai olarak aşırı nüfus artışı, sürekli büyüme ve özellikle zenginlerin aşırı tüketimiyle ilişkilendirilebilir.

D) Habitat tahribatı, aşırı avlanma, kirlilik, istilacı türler ve iklim değişikliği yaban hayatının azalmasına katkıda bulunan faktörlerdir ve aşırı nüfus, sürekli büyüme ve özellikle varlıklı kesim tarafından yapılan aşırı tüketim bu olguda önemli bir rol oynamaktadır.

E) Habitat tahribatı, aşırı avlanma, kirlilik, istilacı türler ve iklim değişikliğinden kaynaklanan yaban hayatının azalması, nihayetinde aşırı nüfus artışı, sürekli büyüme ve özellikle varlıklı kesimin aşırı tüketimine bağlanabilir.

22. Scientific observations, beach safety organizations, and media coverage have increased public awareness of shark-related issues, enhancing understanding of human-shark interactions.

- A) Bilimsel gözlemler, plaj güvenliği organizasyonları ve medyada yer alma yoluyla köpekbalıklarıyla ilgili konularda artan kamu bilinci, insan-köpekbalığı etkileşimlerinin daha iyi anlaşılmasına katkıda bulunmuştur.
- B) Bilimsel gözlemler, plaj güvenliği organizasyonları ve medyada yer alan haberler, köpekbalıklarıyla ilgili konularda kamu bilincinin artırılmasında rol oynamış ve insan-köpekbalığı etkileşimlerinin daha iyi anlaşılmasını sağlamıştır.
- C) Bilimsel gözlemler, plaj güvenliği organizasyonları ve medyada yer alan haberler sayesinde köpekbalıklarıyla ilgili konularda kamu bilinci artmış ve insan-köpekbalığı etkileşimleri daha iyi anlaşılmaya başlanmıştır.
- D) Bilimsel gözlemler, plaj güvenliği organizasyonları ve medyada yer alan haberler sayesinde köpekbalıklarıyla ilgili konularda kamuoyu farkındalığı artmış ve insan-köpekbalığı etkileşimleri daha iyi anlaşılmaya başlanmıştır.
- E) Bilimsel gözlemler, plaj güvenliği organizasyonları ve medyada yer alan haberler, köpekbalıklarıyla ilgili konularda halkın farkındalığını artırarak insan-köpekbalığı etkileşimlerinin daha iyi anlaşılmasını sağlamıştır.

23. Online alışveriş, evinizin rahatlığında dilediğiniz zaman alışveriş yapabilme esnekliğinden, çoğu zaman hiçbir ekstra ücret ödemediğiniz kadar ağır teslimatları alabilme rahatlığına kadar bir dizi avantaj sunmaktadır.

- A) Online shopping gives you the flexibility to shop at your home whenever you want, and the convenience of having heavy deliveries delivered to your doorstep, often at no extra cost.
- B) Online shopping gives you not only the flexibility to shop from the comfort of your home at any time, but also the convenience of receiving heavy deliveries at your doorstep at no extra cost.
- C) Thanks to online shopping, people have the advantage of being able to shop from home and also have heavy deliveries delivered to their doorstep at no extra cost..
- D) Online shopping offers a range of benefits, from the flexibility to shop at any time from the comfort of your home to the convenience of receiving heavy deliveries at your door, often at no extra cost.
- E) The advantages of online shopping include the convenience of being able to shop from the comfort of your own home at any time and having heavy deliveries delivered to your home at no extra cost.

We all sense the imposing presence of rules, both written and unwritten – it's practically a rule of life. We protest against rules as an assault on our freedom, arguing that they're "made to be broken." However, as a behavioural scientist, I contend that it's not rules in general that pose a problem, but rather the unjustified ones. The challenging and crucial part is discerning the difference between the two. Consider how rules form the essence of sports, games, and puzzles – even when their sole purpose is supposedly fun. The rules of chess might provoke frustration if I attempt to "castle" to escape check, only to discover that it's disallowed. Similarly, find me a football fan who hasn't, at least once, expressed frustration with the offside rule. However, chess or football without rules wouldn't be chess or football. Yet, we must be vigilant and inquire why – for this path can lead to tyranny. Humans possess a potent desire to enforce, at times oppressive, patterns of behavior – correct spelling, no split infinitives, hats off in church – regardless of their justification. The urge to challenge stifling, unjust, or simply pointless rules is entirely justified. But without some rules – and a tendency for us to adhere to them – society would quickly descend into chaos. Indeed, many social scientists view our inclination to create, adhere to, and enforce rules as the very foundation of social and economic life.

24. It is clearly stated in the passage that the writer ----.

- A) believes rules are unnecessary, regardless of their form
- B) opines that people are right to question and not blindly obey rules
- C) believes the challenge lies in distinguishing between justified and unjustified rules
- D) agrees that rules fall into two categories with minimal differences
- E) supports the idea that rules should be ignored without differentiation



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**25. Why are chess and football mentioned in the passage?**

- A) To exemplify the unjustified rules of these games
- B) To demonstrate how much damage rules can cause to people
- C) To emphasize the differences of these games in terms of rules
- D) To bring attention to how indispensable these games are
- E) To emphasize how important rules are for these games

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**26. What can be inferred from the passage regarding rules?**

- A) Humans consistently create new rules when old ones are abolished. X
  - B) Our success as a species depends on justified rules. X
  - C) The issue with rules is that they can develop their own momentum. X
  - D) Rules continue to be added and extended, leading to a gradual reduction in individual liberty. ✓
- 5 Humans tend to impose rules irrespective of their rationalization. ✓

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**27. What is the central idea conveyed in the passage?**

- A) Individuals and societies continuously contend with rules, requiring caution about their purpose.
- B) Obedience to justified rules is essential, ensuring they do not lead to problems.
- C) Despite being unwelcome at times, rules play a crucial role but should be subject to scrutiny.
- D) Our freedom is crucial, and rules should be established accordingly.
- E) Oppressive rules pose challenges, while justified ones alleviate complications.

In recent times, video games have gained immense popularity as a primary source of entertainment for children and teenagers globally. However, they have also emerged as a significant source of addiction, causing concerns not only among parents but also within health and educational institutions. Approximately 5 to 8 percent of children and teens are estimated to be addicted to this form of entertainment. Recently, the World Health Organization (WHO) classified video game addiction as a mental health disorder, a decision met with mixed reactions from gaming organizations. The appeal of video games to children lies in their capacity to provide an escape from the challenges of the real world, fostering social connections, enhancing coordination, problem-solving skills, and memory. Despite these benefits, addiction to video games can lead to severe health issues in children, including visual and postural problems, social isolation, and aggressive behavior. To mitigate these negative effects, parents can establish guidelines such as limiting screen time and ensuring that gaming occurs only after fulfilling responsibilities at home and in school.

28. Which of the following could be understood from the passage about video games?

- A) Video games have been a popular activity for both children and teens for a long time. *recent X*
- B) The recent surge in popularity of video games has led to addiction across various age groups. *X*
- C) Parents need to ensure their children refrain from playing video games, irrespective of fulfilling responsibilities. *X*
- D) The widespread admiration of video games as an entertainment tool for children and teens globally is a relatively recent development. *X*
- E) Video games stand out as the most preferred activity among children and teens. *X*

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29. It can be inferred from the passage that video game addiction -----.

- A) is officially recognized as a gaming disorder by the World Health Organization, a decision that is met with approval from some gaming communities.
- B) primarily occurs in childhood, emphasizing the crucial role parents play in preventing their children from excessive gaming.
- C) is on the rise, and the measures implemented to restrict children's gaming time have proven ineffective.
- D) carries health risks beyond visual impairment or poor posture, indicating that it is not as harmless as it may appear.
- E) affects both children's health and relationships with parents due to significant time devoted to gaming.

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30. According to the passage, one thing which makes video games appealing is that they ----

- A) enhance children's cognitive abilities, especially those related to memory
- B) lead to addiction over time, making it challenging for children to quit playing
- C) provide an escape from a reality filled with deadlines, challenges, and responsibilities
- D) gain popularity among children, making it a normal activity for them
- E) fulfill various real-world human needs in positive ways

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31. What can be inferred from the passage regarding video game players?

- A) Aggressive behaviors are a common trait among them.
  - B) Children becoming addicts implies that they should never be allowed to play video games.
  - C) Allowing children to play video games as much as they want ensures they fulfill their liabilities.
  - D) The concern parents have seems unfounded, given the low number of gamers becoming addicted.
- Undesirable behavior of video gamers can impact not only themselves but also those around them.

32. Owen:

- Fast food is really bad for kids' health. Those who eat it consume more energy, fat, saturated fat, sodium, and sugary drinks compared to those who don't.

Henry:

- I don't get why we should be so concerned about it.

Owen:

- ----

Henry:

- I see now. So, you're suggesting we should ditch fast food and go for a healthier diet.

A) Besides, it reduces the intake of vitamins A and C, milk, fruits, and vegetables.

B) Definitely, because there is a positive correlation between the frequency of fast food consumption and body mass index.

C) Based on a study, the more you consume fast food, the stronger your cravings become.

Indeed, a diet rich in sugar, salt, saturated fat, and calories can result in serious issues like obesity and hypertension.

E) Fast food burgers typically consist of approximately 50 percent water, with the actual meat content ranging from 2.1 to 14.8 percent.



33. Reporter:

- Workers have been activists for years – but in the past, if you were rallying over the weekend, your colleagues and boss could be none the wiser on Monday.

Professor:

- A lot has changed since then. Experts now suggest that engaging in social activism might have consequences for your career.

Reporter:

- ----

Henry:

- It's a tricky line to walk. An easy way to maintain privacy from recruiters and supervisors is to set your profiles and feeds to the highest privacy settings.

A) How can employees engage in social-media activism?

B) What is the most significant misconception about simultaneously being an activist and a worker?

C) So, what's a worker who wants to raise their voice supposed to do?

D) How can activism impact a worker in various aspects?

E) What challenges are involved in becoming a social activist, and what benefits does it offer to a worker?

34. The grains of dust on Mars can rub together and become electrically charged, which could cause chemical reactions that would make it difficult to spot signs of life on the surface.

- A) The dust particles on Mars, when rubbed together, may become electrically charged, potentially leading to chemical reactions that complicate the identification of life signs on the planet's surface.
- B) Not all instances of dust particles rubbing together on Mars result in electric charge, but when they do, they induce chemical reactions, complicating the detection of vital signs on the surface
- C) Observing signs of life on the Martian surface is difficult due to chemical reactions that occur when dust particles there rub against each other to create electrical charge.
- D) The dust particles on Mars gain electric charge independently of friction, potentially triggering chemical reactions that complicate the detection of life signs on the surface.
- E) Detecting signs of life on the surface of Mars becomes challenging as a result of chemical reactions induced by the electric charge of dust particles.

35. Due to a diminished sense of taste, older individuals frequently elevate their consumption of salt and sugar, leading to potential contributions to high blood pressure and nutrient loss.
- A) An escalation in salt and sugar consumption may result in not only high blood pressure and nutrient loss but also a decline in the sense of taste among older individuals.
  - B) Due to increased salt and sugar intake, older individuals may suffer from reduced taste sensation, contributing to high blood pressure and nutrient loss.
  - C) Increased salt and sugar consumption in older individuals often leads to a decline in taste sensation, contributing to high blood pressure and nutrient loss.
  - D) The diminished sense of taste in older individuals often prompts an increased intake of salt and sugar, potentially contributing to both high blood pressure and nutrient loss.
  - E) Higher salt and sugar intake, leading to a diminished sense of taste, frequently contribute to high blood pressure and nutrient loss in older individuals.

36. In the television news industry, a 'tease' is a brief and compelling blurb crafted to captivate viewers and lure them into watching a program. Lasting about ten seconds or less, this teaser serves as a headline, promising exclusive stories, captivating footage, attractive hosts, and quality journalism. ---- The enticement continues even after the program concludes, as viewers are urged to return the next day for an early morning newscast, creating a cycle of enticement for subsequent news programs. If news programmers had their way, audiences would be hooked on a constant stream of news programs 24/7, with only brief breaks for advertising.

- A) In the realm of news and entertainment, actors who have portrayed lawyers on television series are sometimes invited to give speeches at lawyers' conventions.
- B) Television broadcasters undergo training to identify errors in program creation.
- C) The success of a news program may not necessarily be reflected in ratings; an effective tease can play a crucial role.
- D) The entire system is strategically designed to discourage audiences from using the remote-control button to switch channels.
- E) There are knowledgeable journalists, both men and women, who work as TV newscasters in the field of news and entertainment.

37. Navigating sleep tips can be complex. While suggestions like avoiding caffeine are common, sleep researchers don't label caffeine as entirely detrimental. Exercise is recommended as beneficial for sleep, yet some shy away from evening workouts, fearing interference with sleep.----- Conversely, proceeding with evening exercise is encouraged if it suits one's schedule.

- A) For instance, the benefit of taking a nap before a night's sleep is widely acknowledged for stress reduction.
- B) However, research indicates that engaging in late-hour workouts may not necessarily pose issues for sleep.
- C) Despite concerns, a recent review emphasizes that even a brief walk outside may sometimes lead to an undesirable sleep state.
- D) Likewise, the key is to allocate time for complete rest, ensuring a smooth transition to sleep after a hectic workday.
- E) As an illustration, it not only enhances alertness but can also serve as a treatment for sleep apnoea, a type of breathing disorder.

38. (I) Humans and other mammals, having common distant ancestors, exhibit bones with nearly identical form and function. (II) For example, the bones in your hand share a similar layout with those in bat wings and the fins of whales. (III) Adequate levels of vitamin D and potassium are essential for maintaining healthy bones. (IV) However, the inability of bones to fully regenerate or replace themselves is akin to our incapacity to grow a new lung or an additional eye. (V) This aspect is of particular interest to scientists investigating the origin of enigmatic bones.

- A) I    B) II    C) III    D) IV    E) V

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39. (I) In the 3rd and 2nd millennia BCE, extensive Eurasian networks facilitated commercial and information exchanges on an unprecedented scale. (II) Around 2000 BCE, trading cities in Central Asia established connections with Mesopotamia, northern India, and China, forming expansive networks of exchange across Eurasia. (III) During the late first millennium BCE, there was a regular flow of goods and ideas between the Mediterranean and China, known as the Silk Roads. (IV) The advent of agricultural technologies supported the emergence of larger, denser, and more varied communities, giving rise to the first urban civilizations. (V) The vast scale of these exchange networks might provide insight into the universalistic claims of religions from this era, such as Zoroastrianism, Buddhism, and Christianity.

A) I

B) II

C) III

D) IV

E) V

40. (I) A software program has identified over 300 ways to convert widely available chemical waste into various drugs and fertilizers. (II) The program compiled an extensive database of all conceivable chemical combinations and the corresponding processes for their synthesis. (III) Researchers anticipate that this tool will optimize the chemical industry and facilitate the recycling of by-products that would otherwise require storage. (IV) Operating on a single high-end server, the program dedicated about a month to calculate the hundreds of billions of combinations. (V) Subsequently, these options were narrowed down to processes leading to the creation of drugs, fertilizers, or other valuable molecules.

- A) I    B) II    C) III    D) IV    E) V

