

Match the words with their synonyms.

1. literally (adv.)

- A) figuratively
- B) actually
- C) loosely
- D) doubtfully

2. equivalent (adj.)

- A) equal
- B) opposite
- C) unlike
- D) dissimilar

3. inadequate (adj.)

- A) abundant
- B) sufficient
- C) potent
- D) deficient

4. virility (n.)

- A) weakness
- B) masculinity
- C) frailty
- D) vulnerability

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5. impairment (n.)

- A) improvement
- B) increase
- C) deterioration
- D) enhancement

6. intimate (adj.)

- A) profound
- B) superficial
- C) incompatible
- D) public

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7. significantly (adv.)

- A) apparently
- B) tentatively
- C) ambiguously
- D) substantially

8. insufficient (adj.)

- A) scarce
- B) ample
- C) plentiful
- D) tolerable

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enJilish

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9. markedly (adv.)

- A) indistinctly
- B) obscurely
- C) covertly
- D) noticeably

10. nurture (v.)

- A) discourage
- B) abandon
- C) care for
- D) starve

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Choose the best option according to the text.

Short sleep is associated with an increased chance of having high blood pressure, a heart attack, and/or a stroke. Even the loss of a single hour of sleep can be heart-breaking, quite literally. According to a study, when we lose an hour of sleep due to Daylight Saving Time in the spring, there is a 24 per cent increase in heart attacks the next day. Even your hormones take a turn for the worse when sleep is lost. Young healthy men sleeping just four hours a night for four nights end up with a level of testosterone equivalent to that of someone 10 years older. In other words, inadequate sleep, even for a few nights, will 'age' a man by over a decade in terms of such hormonal virility. We also see equivalent impairments in female reproductive health and hormonal profiles due to a lack of sleep. There's also an intimate relationship between your sleep health and your immune health. People who are getting less than seven hours of sleep a night are more likely to become infected by a rhinovirus, or common cold, which is an association yet to be established conclusively though. A lack of sleep significantly increases anxiety and is associated with higher rates of depression. Recently, studies have shown that insufficient sleep markedly increases the chance of suicidal thoughts, suicide planning, and tragically, suicide completion. In contrast, proper sleep will gift quite remarkable health benefits in myriad ways, nurturing our memory and learning, and boosting our immunity, physical fitness and mental health.

1. Which of the following is NOT among the complications arisen by lack of sleep?

- A) Heart attack
- B) Decreasing level of testosterone
- C) High incidence of depression
- D) Hormonal imbalance
- E) Rhinovirus

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2. People, who sleep less than they should, ----.

- A) have harmony in their 24-hour biological rhythm
- B) could survive on short naps during the day
- C) are most likely to experience fertility problems
- D) have no major emotional health problems
- E) must compensate for the sleep they lost during the week

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3. It can be inferred from the passage that ----.

- A) most adults should strive for somewhere between seven to nine hours of sleep each night based on the scientific studies
- B) insufficient sleep is fast becoming the most significant lifestyle factor that solely influences if you go on to develop dementia
- C) sleep suppresses a hormone that signals emotional satisfaction, yet increases concentrations of the hormone that makes you feel hungry
- D) sleep is the single most effective thing we do each day to reset the health of our brain and body
- E) it is unlikely that medications would be needed for a simple one-hour time change of the clock

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4. What is the passage mainly about?

- A) Medical conditions linked with sleep deficiency
- B) Sleep's impact on cardiovascular health
- C) Benefits of regular and sufficient sleep
- D) The reasons why people need quality sleep
- E) Adverse physiological effects of lack of sleep

Choose the best option.

1. Short sleep is associated ----

- A) with B) on
C) in D) at

2. Even the loss ---- a single hour of sleep

- A) in B) of
C) to D) on

3. take a ---- for the worse

- A) fight B) jump
C) turn D) look

4. end ---- with a level of testosterone

- A) in B) on
C) down D) up

5. In ---- words

- A) other B) over
C) spare D) across

6. in ---- of such hormonal changes

- A) conditions B) due
C) terms D) alignment

7. due to a ---- of sleep

- A) minus B) drought
C) lack D) poverty

8. become ---- by a rhinovirus, or common cold

- A) known B) popular
C) accustomed D) infected

9. health benefits in ---- ways

- A) revert B) imaginative
C) inconvenient D) myriad

10. ---- contrast, proper sleep will gift quite remarkable health benefits in myriad ways

- A) In B) Under
C) At D) With

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Okuma Parçası 3

Az uyku, yüksek tansiyon, kalp krizi ve/veya felç geçirme olasılığının artmasıyla ilişkilidir.

Tek bir saatlik uyku kaybı bile kelimenin tam anlamıyla kalp kırıcı olabilir.

Bir araştırmaya göre, ilkbaharda Yaz Saati Uygulaması nedeniyle bir saat uyku kaybettiğimizde, ertesi gün kalp krizlerinde yüzde 24 oranında bir artış oluyor.

Uykunuz kesildiğinde hormonlarınız bile daha kötü bir hal alır.

Dört gece boyunca günde sadece dört saat uyuyan genç sağlıklı erkekler, kendilerinden 10 yaş büyük birininkine eşdeğer bir testosteron düzeyine sahip olurlar.

Başka bir deyişle, birkaç gece için bile yetersiz uyku, bir erkeği hormonal maskülenite açısından on yıldan fazla "yaşlandırır".

Kadın üreme sağlığında ve hormonal durumlarında da uyku eksikliği nedeniyle benzer bozulmalar görüyoruz.

Ayrıca uyku sağlığınız ile bağışıklık sağlığınız arasında yakın bir ilişki vardır.

Bir gecede yedi saatten az uyuyan kişilerin bir rinovirüs veya soğuk algınlığı ile enfekte olma olasılığı neredeyse üç kat daha fazladır.

Uykusuzluk kaygıyı önemli ölçüde artırır ve daha yüksek depresyon oranlarıyla bağlantılıdır.

Son zamanlarda, araştırmalar yetersiz uykunun intihar düşünceleri, intiharı planlama ve trajik bir şekilde intiharı tamamlama olasılığını kayda değer bir biçimde artırdığını göstermiştir.

Bunun aksine, düzgün uyku, hafızamızı ve öğrenmemizi besleyerek ve bağışıklığımızı, fiziksel zindeliğimizi ve zihinsel sağlığımızı geliştirerek sayısız yolla oldukça dikkate değer sağlık yararları sağlayacaktır.

Match the words with their synonyms.

1. B 2. A 3. D 4. B 5. C

6. A 7. D 8. A 9. D 10. C

Reading Passage 03

1. E 2. C 3. D 4. A

Choose the best option.

1. A 2. B 3. C 4. D 5. A

6. C 7. C 8. D 9. D 10. A