

Part 5

Questions 26-35

Read the text below and choose the correct word for each space.  
For each question, mark the correct letter **A**, **B**, **C** or **D** on your answer sheet.

Example:

0 **A** everyone      **B** someone      **C** both      **D** each

Answer: 0 

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Deep Sleep

Deep sleep is important for (0) ..... . The actual (26) ..... of sleep you need depends (27) ..... your age. A young child (28) ..... to sleep ten to twelve hours, and a teenager about nine hours. Adults differ a lot in their sleeping (29) ..... . For most of them, seven to eight hours a night is (30) ..... , but some sleep longer, while others manage with only four hours.

For a good night, having a comfortable (31) ..... to sleep is very important. Also, there should be (32) ..... of fresh air in the room. A warm drink sometimes helps people to sleep, (33) ..... it is not a good idea to drink coffee immediately before going to bed.

(34) ..... you have to travel a very long distance, try to go to bed earlier than usual the day before the (35) ..... . This will help you to feel more rested when you arrive.

- 26 A size B number C amount
- 27 A on B to C in
- 28 A could B ought C must
- 29 A ways B habits C manners
- 30 A few B well C less
- 31 A point B place C position
- 32 A plenty B much C many
- 33 A because B as C although
- 34 A Since B Until C After
- 35 A journey B voyage C call