

## LÍNGUA INGLESA

### Questões de 01 a 06

Read the text carefully and answer the questions about it.

## Dream On

### Counting sheep instead of enjoying sleep? Six ways to ruin your night.

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05 Newsweek

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Aug. 17, 2007 - If you're tossing and turning instead of falling asleep at night, it's probably not because the bed bugs are biting. Rather, a number of simple mistakes we make when trying to grab some shuteye are often to blame. We consulted with Alex Chediak, president of the American Academy of Sleep Medicine, to learn about the most common things we do to spoil a great night's sleep. Avoid the following six habits and sweet dreams should be near in your future:

- 10 Early Bedtimes:** While heading to bed at 8 p.m. might seem like a great way to get your sleep schedule on track, such an early bedtime will likely deter your good intentions. That's why hitting the sack before (or too soon after) the sun has started setting usually does not align with your circadian rhythm, the body's natural sleep-wake cycle. In order to keep pace with your circadian rhythm, Dr. Chediak recommends waiting until you're drowsy to fall asleep and then waking up at the same time each morning, giving your body a set schedule to sleep by.
- 20 Bedroom Gadgets:** No, not *those* kinds of gadgets. We're talking about ordinary computers, BlackBerries, and televisions--all of which are probably best left outside the *boudoir*. Mingling electronics with your sleep site sends your body mixed messages about whether it should be turned on or off. In order to keep your bedroom a restful place, keep it free of digital devices.
- 25 Having a Nightcap or Two:** If you're having trouble falling asleep, drinking is not the right remedy. A few beers will definitely make you drowsy, but that does not translate into a solid night of sleep. Instead, sleeping after drinking is one of the surefire ways to guarantee a miserable morning. You'll usually get about four hours of light sleep, Dr. Chediak explains, but wake up afterward feeling lousy and unable to fall back asleep. If you're looking for more solid sleep that will leave you well rested, then the bar scene should not be part of your bedtime ritual.
- 30**

**Working Until Bedtime:** Think you'll be able to fall asleep if you move right from checking your e-mail to bed? Think again. Actually stop thinking. If you've got work-related matters buzzing around in your head, give them a chance to calm down before  
 35 you consider sleeping. Putting a time barrier between work and sleep should ensure that you're having sweet dreams instead of stressful nightmares.

**Watching the Clock:** Watching each minute – or second – pass by is not going to help you drift off. Instead, it will likely make you more anxious about the time you're spending without sleeping. Instead of counting the passing minutes, Dr. Chediak recommends  
 40 getting up to do a calming activity, such as a crossword puzzle or reading a book and then heading back to bed when the drowsiness hits again. (And turn that clock face away from the bed.)

**Dark Mornings:** Your morning routine can actually have a pretty big impact on your sleep success. You need to let your body know when it's time to rise and shine and the  
 45 best way to do that is by exposing yourself to some bright lights. Doctors recommend getting about 20 minutes of early-morning light exposure. It will let your body know that it's time to get going and reduce drowsiness.

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01. The following statements were said by people who have trouble when falling asleep. Match each sentence to the appropriate subtitle below.

- A) "I go to bed at 7 p.m. but I don't usually sleep well".  
 B) "I have tried watching a movie in bed in order to fall asleep but it didn't work".  
 C) "Going to a pub and having some alcoholic drink make me sleepy. But there is a problem – I feel lousy next morning".  
 D) "I feel very tired because I work up to 10 p.m. but I can't get to sleep as soon as I get home".  
 E) "Whenever I can't sleep I get worried and look at my alarm clock every fifteen minutes".  
 F) "I work in a very nice place but I rarely see any day-light and I guess this is bad for my sleep".

- ( ) having a nightcap or two  
 ( ) working until bedtime  
 ( ) watching the clock  
 ( ) bedroom gadgets  
 ( ) early bedtimes  
 ( ) dark mornings

02. Look for a phrase/sentence that:

- A) defines circadian rhythm.
- B) talks about the benefit of waking up at the same time every day.
- C) suggests what you should do to make your bedroom a calm site.
- D) shows a way to help your body know that it is time to get alert.

03. Write the reference for the following underlined words.

- A) Mingling electronics with your sleep site sends your body mixed messages about whether it should be turned on or off. (lines 22-23)
- B) In order to keep your bedroom a restful place, keep it free of digital devices. (lines 23-24)
- C) If you're looking for more solid sleep that will leave you well rested... (lines 29-30)
- D) ...give them a chance to calm down before you consider sleeping. (lines 34-35)
- E) It will let your body know that it's time to get going and reduce drowsiness. (lines 46-47)

**04.** Do these words or expressions have similar or opposite ideas? Circle the correct answer.

**A)** Ruin (line 02) – spoil (line 11)

Similar                      Opposite

**B)** Avoid (line 11) – keep (it) free (line 24)

Similar                      Opposite

**C)** Counting sheep (line 02) – enjoying sleep (line 02)

Similar                      Opposite

**D)** Watching each minute pass by (line 37) – counting the passing minutes (line 39)

Similar                      Opposite

**E)** Shuteye (line 09) – sleep (line 11)

Similar                      Opposite

**05.** Write **T** (true) or **F** (false).

**A)** \_\_\_\_\_ Having one or two nightcaps can help us fall asleep.

**B)** \_\_\_\_\_ Sleeping is supposed to be easier if we relax before.

**C)** \_\_\_\_\_ Watching time pass by makes us concentrate and sleep soon.

**D)** \_\_\_\_\_ Doing a crossword puzzle is supposed to be a calming activity.

**E)** \_\_\_\_\_ Tossing and turning can help us fall asleep.

06. Complete the paragraph with some of the following words:

**schedule, relax, likely, evening, nightmare, anxious, whether, rules, stressful**

\_\_\_\_\_ **1** \_\_\_\_\_ we have a light or a solid sleep, we should avoid some actions that can ruin our sleeping nights. We have certain attitudes that can harm them and they should be avoided. According to *Dream On*, if we do not follow some golden \_\_\_\_\_ **2** \_\_\_\_\_, we cannot profit from our sweet dreams. However, I find it hard to wake up at the same time every day because I have an evening job and I cannot always go to bed when I am ready to sleep. I do not keep a computer in my room but I love watching TV before falling asleep and I even think it helps me \_\_\_\_\_ **3** \_\_\_\_\_. Besides, I sometimes like to have a drink in the evening but if I have more than a dose, I am not \_\_\_\_\_ **4** \_\_\_\_\_ to wake up well the next morning. Unfortunately I overwork specially on weekdays and I never have a chance to get ready to sleep peacefully. That means that many times I carry on with my work in a very \_\_\_\_\_ **5** \_\_\_\_\_ way while I sleep and dream. It has been a long time since I experienced listening to the clock or watching the time pass by as I usually get to bed and sleep right away.

- 1- \_\_\_\_\_
- 2- \_\_\_\_\_
- 3- \_\_\_\_\_
- 4- \_\_\_\_\_
- 5- \_\_\_\_\_