**9. Вы проводите информационный поиск в ходе выполнения проектной работы. Определите, в каком из текстов A–F содержатся ответы на интересующие Вас вопросы 1–7. Один из вопросов останется без ответа. Занесите Ваши ответы в таблицу.**

1. What are the complications of bad sleeping patterns?

2. What steps can prepare our bodies for going to sleep?

3. What is the impact of sleepless nights at exam time?

4. Why is sleep so important for people?

5. What can be dangerous about watching a movie late at night?

6. Which lesson should help children sleep well?

7. In what kind of environment do people usually sleep best?

A. It’s common knowledge that people sleep best in a dark room that is slightly cool. It's important to close your blinds or curtains and make sure they're heavy enough to block out the light. You can add extra blankets or wear pyjamas if you're cold. Note that an uncomfortable bed, heat and noise can ruin a good night's sleep. A TV is also a distraction.

B. If you don’t sleep enough or have a disturbed sleep you can get heart disease, high blood pressure and even diabetes. People who don't sleep enough get colds and flu more often than those who do. Moreover, recent research proves that poor sleepers gain weight more easily than people who sleep well. Extra kilos are the reaction of the body to the stressful sleepless situation.

C. Think twice before watching a movie late at night. Don’t spend sleeping time on endless computer games. The thing is that by getting up and going to bed at the same time every day, even on weekends, you teach your body to follow a healthy regime. You'll quickly fall asleep, will have a good night’s sleep and will wake up at the expected time feeling fresh and active.

D. Some easy steps can prepare your body for going to sleep. You probably have some regular bedtime habits, even if you don’t realise it. Brushing your teeth, taking a shower, reading a book and setting your alarm clock may all be part of your evening routine. Remember that you should perform these activities in the same manner and in the same order every night.

E. Sleepless nights at exam time are very bad for students. If you prepare for your exam late at night, it will not improve your performance during the exam. On the contrary, it will affect your ability to concentrate, to react quickly and to analyse information. Recent research shows that the results of the tests written after sleepless nights are lower than usual grades.

F. If you think that during sleep, the brain rests, you're mistaken. It's a common myth about sleep. Sleep is definitely needed — but it's not your brain that needs to rest, it's your body that needs to relax. Your brain is still working when you're asleep, controlling physical functions like breathing and your heart beat. However, because the brain does not have to go through the constant stress of thinking, you get up refreshed and recharged.

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| **Текст** | **A** | **B** | **C** | **D** | **E** | **F** |
| **Вопрос** |  |  |  |  |  |  |

**Key Answer 9**

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| --- | --- | --- | --- | --- | --- | --- |
| **Текст** | **A** | **B** | **C** | **D** | **E** | **F** |
| **Вопрос** | 7 | 1 | 5 | 2 | 3 | 4 |