



PET - Reading Part 5

Read the text below and choose the correct word for each space.

Deep Sleep

Deep sleep is important for everyone . The actual (1) of sleep you need depends (2) your age. A young child (3) to sleep ten to twelve hours, and a teenager about nine hours. Adults differ a lot in their sleeping (4) For most of them, seven to eight hours a night is (5) , but some sleep longer, while others manage with only four hours.

For a good night, having a comfortable (6) to sleep is very important. Also, there should be (7) of fresh air in the room. A warm drink sometimes helps people to sleep, (8) it is not a good idea to drink coffee immediately before going to bed.

(9) you have to travel a very long distance, try to go to bed earlier than usual the day before the (10) This will help you to feel more rested when you arrive.

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|--------------|----------|------------|-----------|
| 1 A size | B number | C amount | D sum |
| 2 A on | B to | C in | D of |
| 3 A could | B ought | C must | D should |
| 4 A ways | B habits | C manners | D actions |
| 5 A few | B well | C less | D enough |
| 6 A point | B place | C position | D part |
| 7 A plenty | B much | C many | D several |
| 8 A because | B as | C although | D even |
| 9 A Since | B Until | C After | D If |
| 10 A journey | B voyage | C call | D visit |

