

Read the following text carefully and answer the questions below.

If you don't sleep for hours during the early part of the evening, you will be more ready to sleep at bedtime. If you don't nap after dinner, you will not want to stay up late, and you will not feel the need to take a sleeping pill. The pill is still working in your system when you get up in the morning. This helps account for the fact that you feel tired all day.

You should get out of the habit of sleeping during the evening. Right after your evening meal, engage in some sort of physical activity – a sport such as bowling, perhaps or get together with friends for an evening of cards and conversation. Then go to bed at your usual time or a little earlier and you *should be able to get a good night's rest without taking a pill.*

If you can get into the habit of spending your evenings this way, I am sure you will feel less tired during the day. At first it may be hard for you to go to sleep without taking a pill. If so, get up and watch television or do some jobs.

I-PART ONE

A/ Reading comprehension:

1/ Choose the appropriate title to the text:

- a/ The sleeping pill.
- b/ A good night's rest.
- c/ A busy day.

2/ what do these words refer to?

- This 1st §.
- You 2nd §.

3/ Give short answers to the following questions according to the text:

- a/ Does the doctor advise us to take a sleeping pill in the evening ?
- b/ Will you feel more relaxed if you follow the doctor's advice ?
- c/ Are we advised to practice sport ?

4/ Answer these questions in full sentences according to the text:

- a/ Why does the doctor advise us not to nap after dinner ?
- b/ What's the negative impact of the sleeping pill ?
- c/ What kind of activities can we have after dinner ?

B/ Text exploration:

1/ Find the opposite of the following words / expressions in the text:

- a/ Get used to ≠
- b/ Alone ≠
- c/ Relaxed ≠

2/ Find synonyms of the following words in the text:

- Napping=, Relax=,
- Tablets=

***-Study the language:**

1/ Supply the correct form (s) of the verbs () in the following sentences:

- You (to be) inactive if you (to sleep) a lot.
- If we (innoculate) a patient with a vaccine, he (to develop) some immunity against a disease.
- You (to feel) more relaxed if you (to follow) the doctor's advice.

2/Turn these direct questions to indirect ones:

Doctor: Which medicine did you take?

The Doctor asked the patient... ..

Doctor: How long did you sleep during the last night?

The Doctor asked him... ..

Doctor: What did the doctor advise you to do?

The Doctor asked him... ..

Doctor: How do you feel now?

The Doctor asked her

***PHONOLOGY**

Stress the following words:

Adverbial - Atomic - Occupation - Technical

II-PART TWO

- **Written expression:**

Do you think napping during a day for an hour is a good way to relax.

Write a short paragraph giving advice to some people who don't take a rest during the day and those who sleep using pills.