

IELTS READING – Lack of sleep S26GT5



IELTS READING Lack of sleep Reading Practice Test has 10 Questions belongs to the Health / Psychology subject..

Section A

Q28 It is estimated that the average man or woman needs between seven-and-a-half and eight hours' sleep a night. Some can manage on a lot less. Baroness Thatcher, for example, was reported to be able to get by on four hours' sleep a night when she was Prime Minister of Britain. Dr Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleeping less than five hours or even as little as two hours in every 24 hours are rare, but represent a sizeable minority.

Attempt Free Reading Test..

Question 28 - 35

The passage has seven sections labelled **A - G**.

Which section contains the following information?

Select the correct letter **A - G** in boxes **28 - 35** below.

NB You may use any letter more than once.

	A	B	C	D	E	F	G
28. The different amounts of sleep that people require	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. An investigation into the results of sleep deprivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Some reasons why people may suffer from sleep disorders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. Lifestyle changes which can help overcome sleep-related problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. A process by which sleep helps us to remain mentally and physically healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. Claims about a commercialized man-made product for sleeplessness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. The role of physical changes in sleeping habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. The processes involved during sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Question 36 - 40

Do the following statements agree with the information given in the passage.

In boxes **9 - 13** below.

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	if there is no information on this

36. Sleep can cure some illnesses.

37. The various stages of sleep occur more than once a night.

38. Dreaming and sleep-walking occur at similar stages of sleep.

39. Sleepers move around a lot during the **REM** stage of sleep.

40. The body temperature rises relatively early in elderly people.

Section B

The latest beliefs are that the main purposes of sleep are to enable the body to rest and replenish, allowing time for repairs to take place and for tissue to be regenerated. **Q32 One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone somatotropin, which helps tissue to regenerate, peaks while we are asleep.** Lack of sleep, however, can compromise the immune system, muddle thinking, cause depression, promote anxiety and encourage irritability.

Section C

Q29 Researchers in San Diego deprived a group of men of sleep between 1am and 5am on just one night, and found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning. 'Sleep is essential for our physical and emotional well-being and there are few aspects of daily living that are not disrupted by the lack of it', says Professor William Regelson of Virginia University, a specialist in insomnia. 'Because it can seriously undermine the functioning of the immune system, sufferers are vulnerable to infection.'

Section D

For many people, lack of sleep is rarely a matter of choice. Some have problems getting to sleep, others with staying asleep until the morning. Despite popular belief that sleep is one long event, research shows that, in **Q37 an average night, Q35 there are five stages of sleep and four cycles, during which the sequence of stages is repeated.**

In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, the slumber is so deep that, if awoken, the sleeper would be confused and disorientated. **Q38 It is in this phase that sleep-walking can occur,** with an average episode lasting no more than 15 minutes.

In the fifth stage, the rapid eye movement (REM) stage, the heartbeat quickly gets back to normal levels, brain activity accelerates to daytime heights and above and the eyes move constantly beneath closed lids as if the sleeper is looking at something. **Q39 During this stage, the body is almost paralysed. Q38 This REM phase is also the time when we dream.**

Section E

Q34 Sleeping patterns change with age, which is why many people over 60 develop insomnia. In America, that age group consumes almost half the sleep medication on the market. One theory for the age-related change is that it is due to hormonal changes. **Q40 The temperature General Training: Reading and Writing rise occurs at daybreak in the young, but at three or four in the morning in the elderly.** Age aside, it is estimated that roughly one in three people suffer some kind of sleep disturbance. **Q30 Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is a known handicap to sleep,** with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

Section F

Apart from self-help therapy such as regular exercise, **Q31 there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up.** Medication is regarded by many as a last resort and often takes the form of sleeping pills, normally benzodiazepines, which are minor tranquillisers.

Section G

Professor Regelson advocates the use of melatonin for treating sleep disorders. Melatonin is a naturally secreted hormone, located in the pineal gland deep inside the brain. The main function of the hormone is to control the body's biological clock, so we know when to sleep and when to wake. The gland detects light reaching it through the eye; when there is no light, it secretes the melatonin into the bloodstream, lowering the body temperature and helping to induce sleep. **Q33 Melatonin pills contain a synthetic version of the hormone and are commonly used for jet lag as well as for sleep disturbance.** John Nicholls, sales manager of one of America's largest health food shops, claims that sales of the pill have increased dramatically. He explains that it is sold in capsules, tablets, lozenges and mixed with herbs. It is not effective for all insomniacs, but many users have weaned themselves off sleeping tablets as a result of its application.

Q36 Sleep can cure some illnesses. NOT GIVEN

Attempt Free Reading Test..

Learn From Experienced Teacher Best IELTS Coaching Dehradun Best IELTS in Dehradun Uttarakhand GMS Road BEST coaching in Dehradun Apply for Class Courses Today Good Results.



8439000086

8439000087

7055710003

7055710004

IELTS Simulation 323 GMS Road, Near Ballupur Chowk, Dehradun, India

Chat on WhatsApp

email: info at ieltsband7.com



IELTS READING – Lack of sleep S26GT5

January 12, 2020

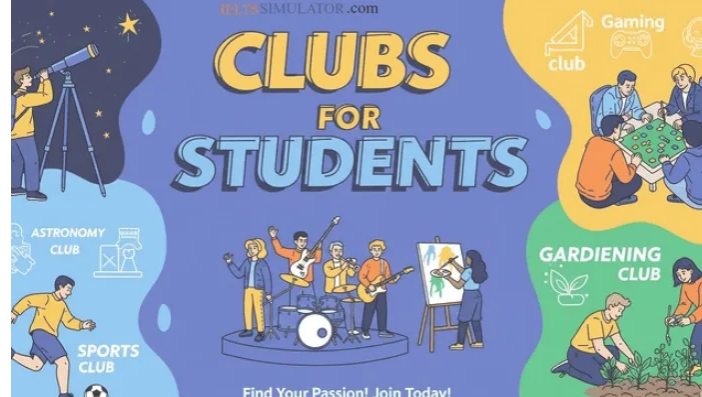
In "IELTS Reading GT – Format, Tips, and Practice for General Training"



IELTS READING – Working Time Regulations for Mobile Workers S1GT4

July 30, 2025

In "IELTS Reading Easy Demo for GT"



IELTS READING – CLUBS FOR STUDENTS S19GT3

August 16, 2025

In "IELTS Reading GT – Format, Tips, and Practice for General Training"

Tagged [Top 10 IELTS Reading Tips to Improve Band Score Fast](#), [📄 "How Technology is Changing Our Lives" – IELTS 4-Module Practice Topic](#)

Leave a Reply

You must be [logged in](#) to post a comment.

IELTS SIMULATOR

IELTS SIMULATOR 323 GMS Road, Near Ballupur Chowk, Dehradun, India.

8439000086

8439000087

7055710003

7055710004

You Tube

instagram

email: info at ieltsband7.com

