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Comenzado el	domingo, 30 de octubre de 2022, 19:12
Estado	Finalizado
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Tiempo empleado	1 hora 12 minutos
Puntos	18.0/38.0
Calificación	37.9 de 80.0 (47.4%)

Información

Reading

Read the following text:

It all began in the mid-1990s, when mattress salesman Nick Littlehales contacted the manager of the Manchester United football team, Alex Ferguson, asking whether he had ever considered how sleep affected performance on the pitch. Interested, Ferguson arranged for Littlehales to give a presentation to his team. Before long, the whole team had new mattresses and pillows, and Littlehales soon became football's leading mattress advisor. In 1998, he supplied mattresses for England's World Cup team, and at the 2004 Euros, he created individual sleep routines for every player.

Gradually, club managers began to pay more attention to scientific sleep research, and for good reason. In 2011, sleep specialist Cheri Mah discovered that increasing sleep to 8-10 hours per night massively increased the speed and shot accuracy of basketball players. Other research shows that a single night of inadequate sleep can increase the risk of injury, and 64 hours of bad sleep reduces strength, power, and balance, and can even cause the body to eat its own muscles!

Consequently, managers started trying to improve their players' sleep. NBA Boston Celtics' manager, for example, forbade his players from consuming caffeine, sugar, or fatty foods, which prevent sleep, in the evenings. Instead, they were given milky protein drinks which made them tired.

Now, many teams and players are making an effort to improve their sleep patterns, using various means. Setting a routine with constant bedtime, early rise and afternoon nap helped many to fix this problem. Since these interventions are cheap and effective, even the less well-known teams can benefit. Brentford, for example, has the smallest budget in the championship league. Even so, the club's head of performance, Chris Haslam, introduced wrist trackers to monitor players' sleep, and these have led to a clear improvement in players' attentiveness.

Whereas in the past, playing after a party and a few hours' sleep was seen as a badge of honour, a good sleep is now considered an essential part of performance.

Retrieved from: <https://test-english.com/reading/b1/how-sleep-transformed-professional-football-reading-test/> March 29th, 2022

Choose the right option A, B or C (Questions from 1 to 4)

Pregunta 1

Finalizado Puntúa 1.0 sobre 1.0

In the first paragraph, the words "it all..." could be replaced by:

- A. The habit of paying attention to players' sleep...
- B. Scientific sleep research...
- C. The real Manchester United football team fever...

Pregunta 2

Finalizado Puntúa 1.0 sobre 1.0

What is not a consequence of inadequate sleep?

- A. Increased strength, power, and balance.
 - B. Increased risk of injury.
 - C. The body can eat its own muscles.
-

Pregunta 3

Finalizado Puntúa 1.0 sobre 1.0

Why did the Boston Celtics give their players milky protein drinks?

- A. To increase their tiredness during next day.
 - B. To prevent sleep.
 - C. For them to feel tired.
-

Pregunta 4

Finalizado Puntúa 1.0 sobre 1.0

What would a proper title for the text be?

- A. How sleep affects professional players
 - B. How managers changed professional football players sleep habits
 - C. How mattresses affect professional players
-

Pregunta 5

Finalizado Puntúa 1.0 sobre 1.0

Decide if the following statements are TRUE or FALSE according to the text (Questions from 5 to 9)

Nick Little was contacted by Alex Ferguson to consider how sleep affected their players' performance.

Seleccione una:

- Verdadero
 Falso
-

Pregunta 6

Finalizado Puntúa 1.0 sobre 1.0

Shot accuracy and speed decrease when basketball players sleep 8-10 hours.

Seleccione una:

- Verdadero
 Falso
-

Pregunta 7

Finalizado Puntúa 1.0 sobre 1.0

Fatty foods in the evenings prevent sleep.

Seleccione una:

- Verdadero
 Falso
-

Pregunta 8

Finalizado Puntúa 1.0 sobre 1.0

Improving sleep patterns is always expensive and effective.

Seleccione una:

- Verdadero
 Falso

Pregunta 9

Finalizado Puntúa 1.0 sobre 1.0

Playing a match after a party and few hours of sleep is an essential part of performance.

Seleccione una:

- Verdadero
 Falso

Pregunta 10

Finalizado Puntúa 4.0 sobre 10.0

Language use

Match the sentences with the correct endings...

What do you think about their business practices?

it was an immediate top best seller during months.

The writer wanted to express her frustration through her book.

I guess so, that's what I've heard of.

I couldn't stand him anymore.

Are you against the riskiest ones?

She sold some of them time ago.

I think there are still two for sale.

If you are tired of this situation.

You should have asked for help!

If I had exercised more.

I would have been healthier!

It was one of the most successful war feats during years.

nevertheless, thousands of people suffered because of it.

Why didn't you tell me about it?

it was an immediate top best seller during months.

Are you sure they will really work on it?

he was being really annoying

I should study more.

my marks were terrible this term.

Pregunta 11

Finalizado Puntúa 1.0 sobre 9.0

Drag and drop the words/ expressions to complete the conversation

Jean: we have finally arrived Les Invalides military hospital, where Napoleon lies buried.

Cosette: what? That's why we are here? Did we come to pay respect to a dictator?

Jean: well, he accomplished great things, including France's legal system. He exported the values of the French revolution would.

Cosette: Napoleon carried out some very important reforms, we can't deny it. have written many innocent lives were sacrificed for his desire for glory, nothing too be above human life.

Jean: He didn't choose to end lives for the sake of glory, and people knew it! His army in Waterloo was made of people looking for a better future for them and their families, they were fighting to can't the course of history. Even his "enemies" respected his bravery and strategies!

Cosette: you know that they were just pawns for him! Countless authors But about this topic, no dreamed nation should be based on death, slavery, despotism, and domination!

Jean: well, that's one point of view, you know what they say "history change by the victors". If rain hadn't stopped him from turning us into a free nation, we should be arguing over how horrible the British were. They didn't have to stick their noses into our business!

Cosette: I is written believe we missed the architectural tour because of this horrible man tomb. let's get out of here.

Jean: hey! Stop ignoring my ranting!

Pregunta 12

Finalizado Puntúa 1.0 sobre 1.0

Choose the appropriate answer to complete each conversation (Questions from 12 to 16)

Diana: how often do you see your parents? Anthony: you could say I see them at least once a week.
Actually, _____

- A. because it was a big deal.
- B. they wouldn't stand it ever again.
- C. I am visiting them tomorrow morning.

Pregunta 13

Finalizado Puntúa 0.0 sobre 1.0

Peter: who is the iconic hero your son likes the most?
John: that's an easy one, he has always loved Spiderman.
Peter: _____

- A. He's my child too!
- B. He's my children's favorite too!
- C. He's my preferred's one too!

Pregunta 14

Finalizado Puntúa 1.0 sobre 1.0

Alex: So, will you go to jail?
Carl: It all depends on him.
Alex: _____

- A. the judge is having lunch with their family.
- B. if he sues you, you're in trouble.
- C. she is the most rigorous policewoman in the force.

Pregunta 15

Finalizado Puntúa 1.0 sobre 1.0

Anne: What would you do if you were in her shoes?

Eli: Well, _____

- A. I would react just like she did it.
 - B. she should change the results.
 - C. I will like them and be ready all the time.
-

Pregunta 16

Finalizado Puntúa 1.0 sobre 1.0

Jackie: So, I discovered it all! Thanks to the recovered documents.

Sonia: How did you know where they were?

Jackie: Easy! Some days before, _____

- A. they have mentioned where they keep them.
 - B. they will be mentioned where they will keep them.
 - C. they had mentioned where they kept them.
-

Pregunta 17

Finalizado Puntúa 0.0 sobre 1.0

Listening

Listen to the following conversation

0:00 / 0:00

En caso de que el audio no reproduzca por favor dar click en el siguiente enlace: [Semana 4 - Inglés V.mp3](#)

Choose the best option A, B or C to complete each statement (Questions from 17 to 21)

Time magazine named him person of the century because...

- A. of his personality and fame, that made him a cultural icon.
- B. he is one of history more important physicist icons.
- C. he invented lasers, telecommunication, and cellphones.

Pregunta 18

Finalizado Puntúa 0.0 sobre 1.0

Where was he born?

- A. Ulm, Germany
- B. Munich, Germany
- C. Milan, Italy.

Pregunta 19

Finalizado Puntúa 0.0 sobre 1.0

1905 was important for him because this year...

- A. he married his wife and had two sons.
 - B. he published four of his most important theories.
 - C. he faced significant obstacles in his path to successful, academic, and scientific career.
-

Pregunta 20

Finalizado Puntúa 0.0 sobre 1.0

What happened first?

- A. He was chased out Germany by the Nazis.
 - B. He continued his theoretical studies in Princeton.
 - C. He became a US citizen.
-

Pregunta 21

Finalizado Puntúa 0.0 sobre 1.0

What is not an activity based on Einstein's work?

- A. Watching TV.
 - B. Reading a book.
 - C. Using a cellphone.
-