A. Fill in the blanks with the words in the box.

perspective	undertake	contemporary	diminish	authority
alternative	advocate	isolation	manual	supplement

1. The _____ provided detailed instructions on how to assemble the table.

2. The new regulations aimed to _____ the impact of industrial pollution on the environment.

3. Mark is a major _____ of male employees taking paternity leave.

4. The country entered a period of _____, refusing ships from every country.

5. The map suggested a(n) _____ route due to congestion on the highway.

6. The exhibition on _____ art will open at the museum next month.

7. Those with dietary restrictions must take a(n) _____ to get the necessary daily vitamins and minerals.

8. Although the company initially agreed to _____ the construction, they eventually backed out.

9. The man was instructed to contact a(n) _____ if he ever saw the suspect.

10. The death of a loved one often gives someone a new _____ on life.

B. Match each word with its definition.

1. odds_____	a. to say or think that something is the result of a particular thing
2. transform_____	b. the probability that a particular thing will or will not happen
3. potential_____	c. to change completely, usually in a good way
4. solely_____	d. to control one's actions or behavior
5. contributor_____	e. to decide which of a group of things are the most important so that you put it first
6. attribute_____	f. someone's or something's ability to develop, achieve, or succeed
7. retention_____	g. only; not involving anyone or anything else
8. restrain_____	h. plainly true
9. prioritize_____	i. the ability to keep or continue having something
10. undeniable_____	j. a reason for why something happens

C. Read the excerpt from a reading and answer the questions.

We all know what it feels like to get less sleep than we need. All-nighters of studying or partying can mess up our routines for sure. But it usually only takes another good night's sleep to get us back on track. Yet, for some people, it isn't so easy.

A colleague of mine during my residency work at New York Hospital Queens could never seem to get enough sleep. She often came in to work exhausted and would complain of having spent the night tossing and turning in her bed. It affected not only her work but her memory and relationships with others as well. On one frightening occasion, it almost caused her to make a fatal mistake during a surgery. Despite my assertion that sleeping medications did more harm than good, she decided to try drug therapy for her sleeplessness. But I can't blame her. She was at her wit's end.

As a doctor, I understand the value of drugs. There are many health conditions for which drugs are the only answer. In this case, however, it isn't clear how beneficial sleeping aids really are, especially when compared to the alternative. Cognitive Behavioral Therapy, or CBT, is a more effective and less harmful method of treating sleeplessness.

Once she started taking sleep medications, my colleague noticed an improvement in her ability to fall asleep and stay asleep. But no one should take sleeping aids for more than a few days, or a few weeks at the most. Sleeping pills can be highly addictive. Once the meds are stopped, they can lead to an even worse case of insomnia than the patient had before. To make matters worse, the quality of sleep, as my colleague discovered, isn't as good as natural sleep and leaves you feeling sleepy the next day.

CBT, on the other hand, presents no such danger. The components of CBT involve forming healthy behaviors and environments, or "sleep hygiene," which are most helpful to habitual, natural sleep. Having a cool bedroom, avoiding caffeine and exercise at night, and developing relaxing habits before bed are all examples of good sleep hygiene. By practicing such behaviors, people establish sleeping habits that work indefinitely rather than for just a few weeks.

In addition to being addictive, sleeping pills also have a negative effect on overall health. Dr. Daniel Kripke, co-director of research at Scripps Clinic in San Diego, found in a study of 10,500 people taking sleeping pills that the prolonged use of such meds led to a thirty-five percent higher risk of cancer. Dr. Kripke claimed that people taking sleeping pills regularly have an even greater risk of developing lymphoma, lung, and other cancers than do people who smoke. His study also found that patients taking sleep medications were more than four times as likely to have died during the 2.5-year follow-up study as those who did not take the drugs.

While it's true that sleeping pills do provide relatively fast relief of the problem, the relief is short-lived and involves proven long-term risks. On the other hand, CBT requires time and effort to become effective but has no negative effects in the long run. Restriction therapy—a component of CBT which includes cutting out naps and putting off bedtime until late at night—may require up to six weeks to have a positive effect on the patient. The patient is also encouraged to identify habits that might have been preventing sleep. Dr. Donn Posner, director of Behavioral Sleep Medicine at Lifespan Hospitals in Rhode Island, recommends changing these habits. He instructs his patients not to spend time in the bedroom or on the bed unless it's time to go to sleep. He also recommends avoiding exercise or working before bed as it can excite the patient to the point where he or she cannot relax.

Another clear advantage of CBT over drug therapy is a doctor's ability to individualize respective treatments. Whereas drug formulas cannot be personalized for each patient, CBT treatment can. My

colleague's sleep diary—detailing all of her habits and quirks—allowed her doctors to prescribe treatments that were exclusive to her condition.

Of course, creating new habits is time-consuming and difficult. But the upside is that once the good habits are formed, they can be kept up indefinitely with no negative side effects. I'm happy to say that after my colleague tried (and failed) the drug therapy route, she went for the healthier CBT option. She is now on the road to permanent relief from her condition—something drug therapy was never able to offer her.

a. Answer the following questions.

1. What does the author think is a better treatment for sleeplessness? Circle it.

2. Underline two negative effects of sleeping pills found in the study.

3. Underline at least three advantages of CBT over drug therapy.

b. Answer the following questions.

1. Based on paragraph 3, which statement would the author most likely agree with?
a. More research must be done on CBT to prove its effectiveness.
b. In general, doctors should not prescribe drugs for their patients.
c. Drugs should be avoided if an effective alternative treatment exists.
d. The best way to cure patients' sleeplessness is to prescribe medication.

2. Based on the passage, what is NOT a negative effect of taking sleeping pills?
a. They result in a low quality of sleep.
b. They increase people's consumption of caffeinated drinks.
c. People who take them for too long may require them in order to sleep.
d. They have been shown to increase the chances of getting diseases.

3. In what way are CBT patients involved in their own treatment routines?
a. They only take medications when they feel it is necessary.
b. They compare their sleep diaries to those of other patients.
c. They only drink caffeinated drinks in the morning.
d. They identify the things that might prevent them from sleeping.

c. Complete the following chart of key terms.

Once she started taking sleep medications, my colleague noticed an improvement in her ability to fall asleep and stay asleep. But no one should take sleeping aids for more than a few days, or a few weeks at the most. Sleeping pills can be highly addictive. Once the meds are stopped, they can lead to an even worse case of insomnia than the patient had before. To make matters worse, the quality of sleep, as my colleague discovered, isn't as good as natural sleep, and leaves you feeling sleepy the next day.

1. What kind of statement is the highlighted sentence?
a. prediction b. hypothesis c. recommendation d. statement of principle

2. Underline the value judgment in the excerpt above.

Answer Key

Part A

1. manual
2. diminish
3. advocate
4. isolation
5. alternative
6. contemporary
7. supplement
8. undertake
9. authority
10. perspective

Part B

1. b
2. c
3. f
4. g
5. j
6. a
7. i
8. d
9. e
10. h

Part C

a.

1. CBT, or Cognitive Behavioral Therapy

2. -Have a greater risk of developing lymphoma, lung, or other cancers,

-Four times more likely to have died during the 2.5-year follow-up study

3. is more effective, has no negative side effects in the long run, a doctor's ability to individualize respective treatments

b.

1. c
2. a
3. d

c.

1. c

2. To make matters worse, the quality of sleep, as my colleague discovered, isn't as good as natural sleep, and leaves you feeling sleepy the next day.