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https://www.100test.com/kao_ti2020/561/2021_2022_PETS_E4_B8_89_E7_BA_A7_c88_561836.htm Section II Use of English (15 minutes) Directions: Read the following text. Choose the best word or phrase for each numbered blank and mark A, B, C or D on ANSWER SHEET 1. Text If you are worried about things and are under a lot of stress at work or school, then you are probably not sleeping well. Worry can keep you awake, tossing and 26 in bed until the early hours of the morning when you eventually 27 asleep. When you wake up, you don ' t feel 28 , but tired and worn out and 29 to face a new day. Dr. Henry Winkle, in a recent newspaper article 30 Stress and Sleep, 31 that stress and lack of sleep are directly 32 Dr. Winkle says, "the more we worry, the 33 we sleep, the more we are unable to deal with 34 " "If we can find a way to get a good night ' s sleep," he 35 , " we can often find the 36 to deal with what ' s worrying us. " So, what is a good night ' s sleep? Research shows that the amount of sleep which people need in order to keep healthy 37 a lot. Seven hours is about the average amount, 38 strangely enough, sleeping longer often gives you a headache 39 of making you feel more refreshed. Dr. Winkle believes that preparing for sleeping is important. People who work late should try to give themselves a short 40 and do something restful before going to bed. This could be watching TV or listening to music. Doing some exercise 41 in the day should help you to feel physically as well as 42 tired. A bedtime drink can also help, but coffee or tea should be

avoided as they contain caffeine(咖啡因) and will keep you 43
"When you put the light 44 ," Dr. Winkle says, "concentrate on
relaxing your muscles. Working slowly up from your feet, and you
' ll be asleep 45 .you know it. "26. [A] turning [B] rolling [C]
twisting [D] rotating 27. [A] find [B] feel [C] drop [D] fall 28.
[A] relieved [B] renewed [C] refreshed [D] released 29. [A]
impossible [B] unable [C] powerless [D] incapable 30. [A] titled
[B] labeled [C] entitled [D] named 31. [A] implies [B] suggests
[C] proposes [D] indicates 32. [A] related [B] tied [C]
combined [D] put together 33. [A] more [B] less [C] shorter [D] later 34. [A] nervousness [B] anxiety [C] stress [D] tension
35. [A] enhances [B] attaches [C] inserts [D] adds 36. [A]
power [B] energy [C] vigor [D] force 37. [A] varies [B] differs
[C] alters [D] contrasts 38. [A] nevertheless [B] since [C]
though [D] however 39. [A] because [B] spite [C] despite [D]
instead 40. [A] pause [B] break [C] vacation [D] interruption
41. [A] earlier [B] early [C] previously [D] sooner 42. [A]
spiritually [B] consciously [C] mentally [D] emotionally 43. [A]
asleep [B] awake [C] alert [D] active 44. [A] out [B] on [C]
away [D] off 45. [A] as soon as [B] when [C] before [D] after
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