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https://www.100test.com/kao_ti2020/576/2021_2022_09_E5_B9_B4_E5_85_AC_E5_85_c88_576638.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 turning in bed until the early hours of the morning when you eventually fall asleep. When you wake up, you don't feel fresh, but tired and worn out and struggle to face a new day. Dr. Henry Winkle, in a recent newspaper article on Stress and Sleep, says that stress and lack of sleep are directly related. Dr. Winkle says, "the more we worry, the less we sleep, the more we are unable to deal with our problems." "If we can find a way to get a good night's sleep," he says, "we can often find the energy 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 varies a lot. Seven hours is about the average amount, but strangely enough, sleeping longer often gives you a headache instead 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 rest and do something restful before going to bed. This could be watching TV or listening to music. Doing some exercise in the day should help you to feel physically as well as mentally 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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