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Insomnia Insomnia is the inability to sleep restfully. It is a problem to nearly everyone at some time. A person may be awake for an hour in the middle of the night and then, next morning, feel that he hardly slept all night. Normally, worry about not getting enough sleep is the worst aspect of most insomnia. If insomnia occurs repeatedly, it is important to find its possible causes and try to correct them. Any of large number of simple factors may make it difficult for someone to fall asleep. His mattress may be too soft or too hard. If there are too many blankets on a hot night, he may be too warm. If the mattress is too light he may feel cold during the night. The bedroom itself may be overheated or too cold. If it is not dark enough, or too noisy, this may cause difficulty in sleeping. Eating shortly before going to bed may also be responsible for insomnia. Drinks, such as tea or coffee, can also keep people awake. Inability to fall asleep is sometimes a symptom of emotional or mental disorder. The cause of insomnia may be easy to correct. The sufferer should check the mattress, and bedroom temperature, and make any necessary changes. He should relax for an hour or two before bedtime, perhaps by reading a book, watching television or taking a warm bath. If he wakes during the night he should try turning on the light and reading for a while. Taking warm milk and a biscuit or two may be helpful. Above all, he should try not worry about sleeplessness when someone is tired

enough he nearly always falls asleep. 31 According to the passage, insomnia is A a serious disease. B a common complaint. C a sign of illness. D an unusual problem 32 According to the passage, people who has difficulty in sleeping should sleep in A a dark and quiet room. B a light and warm room. C a cold and quiet room. D a dark and warm room. 33 According to the passage, if a person wants to fall asleep fast he shouldn ' t A eat anything during supper time. B read any books before he goes to bed. C watch television shortly before going to bed. D drink anything that will keep him awake. 34 According to the passage, what is the worst aspect of insomnia? A Watching too much television. B Eating too much before going to bed. C Worrying about sleeplessness. D Reading too much at night. 35 According to the author, insomnia shouldn ' t be a serious problem because A its cause can be corrected by making oneself feel tired enough. B doctors can cure it easily. C some people can catch up on their sleep during the day. D some people don ' t need so much sleep. 相关推荐：把职称英语页面加入收藏 2009年职称英语考试试题及答案点评专题 编辑推荐：为帮助广大学员有效备考，我们特推出了职称英语2010年网络辅导课程,相信会让大家有耳目一新的视听感受。现在报名职称英语辅导，赠送 2009年精品课程及考试E币。点击查看详情》 100Test 下载频道开通，各类考试题目直接下载。详细请访问

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