



SÈRIE 1

Text: EATING HABITS THAT ACTUALLY IMPROVE YOUR SLEEP

Cada qüestió val un punt. En les qüestions d'opció múltiple, es descomptaran 0,33 punts per cada resposta incorrecta; per les qüestions no contestades no hi haurà cap descompte. En la resta de qüestions, es descomptaran 0,05 punts per cada falta d'ortografia, de morfologia, de lèxic o de sintaxi. Si una falta es repeteix, només es descomptarà una vegada.

1. About 1 in 3 Americans

b) don't sleep well.

2. Not sleeping well is related to

d) all the above-mentioned illnesses and more.

3. Sleeping well

c) makes one snack less.

4. In order to improve nighttime rest

c) it's important to choose a diet with components that help sleep.

5. Which of the following statements is TRUE according to the text?

a) An ideal diet excludes low-fiber, high-sugar cereals, bagels, and fruit juices.

6. According to the text,

b) any diet with many vegetables, lower-sugar fruits, plant-based proteins, and unsaturated fats is good to help sleep.

7. Which of the following CANNOT substitute the word *backed* in the phrase "Although the Mediterranean regimen is backed by most of the research, other approaches could be just as beneficial if they offer the same sleep-promoting nutrients and compounds"?

a) refuted



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- 8. Which of the following is NOT a synonym for the word *key* in the phrase “Key to improving nighttime rest is picking an eating regimen with plenty of compounds that promote sleep”?**

d) unimportant

Please answer the following questions in English. (Please do not copy text but rather answer in your own words; your answers should be between 40 and 60 words in length.)

- 9. What are the consequences of not sleeping properly?**

Poor sleep is associated with serious health conditions such as heart disease, stroke, diabetes, cancer, and depression. Additionally, lack of sleep disrupts the regulation of hunger hormones, leading to increased cravings and snacking. Therefore, getting proper rest contributes to better overall health.

- 10. According to the text, what properties should an ideal diet have?**

An optimal diet avoids foods that contain ingredients which can disrupt sleep. These include unhealthy carbohydrates such as low-fiber, high-sugar cereals, bagels, and fruit juices. Consuming such carbs can lead to more frequent awakenings during the night, negatively affecting sleep quality.