

1. Choose the words that best complete the sentences in the text.

Sleeping disorders like insomnia can (1) to be a worrying question for many of us. Almost anyone can easily conjure (2) at least one sleepless night of (3) and turning in bed awaiting the bliss of a deep dream. Most probably, a third of us (4) the distressing experience at least once a week.

Even though it is possible for people to (5) without any sleep at all for a certain period of time, such occurrences are rather few and far (6) and there is no evidence to (7) this assumption. What is sure, however, is the fact that we do need some sleep to regenerate our strength and to (8) the brain to its proper activity. No wonder, then, that the tiredness and fatigue that appear after a sleepless night (9) many of us to go for chemical support in the form of sleep (10) tablets or powders.

However long the problem of sleeplessness has afflicted many individuals, very little has been (11) in the question of its original causes. We are conscious that it usually (12) those who are exposed to a great deal of stress, anxiety or depression. It may also be (13) by overworking or unfavourable surroundings with scarcity of fresh air.

Sleeping pills may provide some relief and can act as an alternative in this desperate situation. Yet, they do little to combat the ailment in full. Consequently, our hopes should be (14) on the medical authorities to (15) the root cause of insomnia before we take to being nocturnals leading our noisy lives in the dead of night.

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| 1. a) present | b) entail | c) realize | d) prove |
| 2. a) up | b) about | c) off | d) out |
| 3. a) rolling | b) wriggling | c) tossing | d) spinning |
| 4. a) underpass | b) undergo | c) underlie | d) undertake |
| 5. a) operate | b) process | c) function | d) perform |
| 6. a) between | b) along | c) within | d) beyond |
| 7. a) proclaim | b) endure | c) invalidate | d) substantiate |
| 8. a) recuperate | b) restore | c) revive | d) resume |

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| 9. a) exert | b) affect | c) enforce | d) compel |
| 10. a) inducing | b) attaining | c) exacting | d) contributing |
| 11. a) disparaged | b) retrieved | c) detected | d) originated |
| 12. a) betrays | b) besets | c) bemoans | d) bestowes |
| 13. a) engendered | b) applied | c) instigated | d) evolved |
| 14. a) placed | b) ascribed | c) focused | d) attached |
| 15. a) emerge | b) release | c) determine | d) confess |

AT BEYOND BY FOR FROM IN INTO OF ON WITH

1. When the detective reached his gun, the crowd stepped nervously back.
2. According to the guidebook, this region is notorious floods and tornadoes.
3. The owners of huge companies are more likely to benefit the new law than the small business entrepreneurs.
4. Beware the heavy traffic in the centre of the city or else you'll waste at least two hours in the jams.
5. She said she had great faith us. I think we'll have to do our best not to let her down.
6. It's not so easy to be patient young pupils, especially if the only thing they speak about are video games.
7. I was tough. They had a hard time of persuading me changing my mind about the weekend plans.
8. You'd better ask Tom about the girl. I can't tell you much as I only know her sight.
9. We don't want anybody else to find out about our arrangements, do we? We must organize everything secret.
10. He says he could do all the work his own. But, I don't believe one person will ever be able to lift those heavy boxes.
11. The tanker had already been sea for two weeks when it struck the iceberg.
12. Their design didn't vary much ours. Consequently, the jury decided to reward them both.

13. I'm afraid you'll have to buy a new hairdryer; this one is repair.
14. During this month, we'll be concentrating developing the basic skill of using the aqualung.
15. A brigade of well-trained commandoes participated in the action against the terrorists armed machine guns and grenades.