



**USE OF ENGLISH: OPEN CLOZE**

**Sleeping Habits**

It is \_\_\_\_\_ (1) known that a lack of sleep affects a person's mood and also that we all need \_\_\_\_\_ (2) eight hours sleep a night to live a healthy life, but what is not really understood is the exact function of sleep. It is clear that when we do not sleep well, this impacts \_\_\_\_\_ (3) our memory and also our ability to concentrate. In extreme cases it can also lead \_\_\_\_\_ (4) health issues such as diabetes, heart attacks and even eventual death. So if sleep is so important, why do people allow it to become an issue. Well, there are several influences that can have an impact on a person's sleep patterns including stress, timetables or \_\_\_\_\_ (5) the \_\_\_\_\_ (6) fact that you have a young child that will not let you get a good night's rest. Having \_\_\_\_\_ (7) this, we might be going about it in completely the wrong way. Some experts claim that it is also a good idea to sleep twice a day and not \_\_\_\_\_ (8) once, hence the famous Spanish siesta. What is crystal clear is that we all need to sleep in order to lead a healthy lifestyle.



## Sleeping Habits

It is **widely** known that a lack of sleep affects a person's mood and also that we all need **around** eight hours sleep a night to live a healthy life, but what is not really understood is the exact function of sleep. It is clear that when we do not sleep well, this impacts **on** our memory and also our ability to concentrate. In extreme cases it can also lead **to** health issues such as diabetes, heart attacks and even eventual death. So if sleep is so important, why do people allow it to become an issue. Well, there are several influences that can have an impact on a person's sleep patterns including stress, timetables or **even** the **mere** fact that you have a young child that will not let you get a good night's rest. Having **said** this, we might be going about it in completely the wrong way. Some experts claim that it is also a good idea to sleep twice a day and not **only** once, hence the famous Spanish siesta. What is crystal clear is that we all need to sleep in order to lead a healthy lifestyle.