

For questions 9-16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0). In the exam, write your answers **IN CAPITAL LETTERS** on the separate answer sheet.

Example: FIND

Sleep Inertia

If you **0** _____ it difficult to wake up in the morning, then you are not alone. This state, called ‘sleep inertia’, is what you experience when you don’t feel **9** _____ getting out of bed right after awakening. There are a number of possible reasons **10** _____ this condition. One common situation is when you go to bed at a different time every day.

Inconsistent sleep schedule prevents your mind and body **11** _____ getting enough rest. Another possible problem is skipping breakfast. As it is the most important meal **12** _____ the day, not having it seriously affects your mood and energy levels. You know this subconsciously, and that is why you do not feel like getting up.

There is also a group of people who are more comfortable staying up longer at night. Normally referred **13** _____ as night owls, they might feel especially reluctant to wake up in the morning hours. For these people, it is often advised to plan their lives **14** _____ their unusual sleeping habits in mind. This makes **15** _____ falling asleep and waking up more effortless. It goes without saying that not everybody can **16** _____ to sleep when they please, but for some, it is the only option to get enough shut-eye to feel prepared for the day ahead.

Answers and explanations

9. **like.** To feel like doing something means to have the desire to do it. The negative form of the phrase is used here.
10. **for.** ‘A reason for something’. Note that it is ‘a reason to do something’, but the context here is different.
11. **from.** ‘Prevent’ is the verb that dictates the use of a preposition here. To prevent something from doing something.
12. **of.** Make sure not to answer ‘in’.
13. **to.** To refer to means to call it a particular name, e.g. ‘We normally refer to our clients as ‘business partners’.
14. **with.** ‘With something in mind’ - keeping something in mind, considering something. ‘To keep in mind’ is another related phrase.
15. **both.** This is the only fitting word as we want to refer to the two things at the same time – falling asleep and waking up.
16. **afford/manage.** The idea here is that nobody has the luxury of choosing when to go to bed and to wake up when they please – most people have to live according to a certain schedule.