



Sleep Patterns: Hunters vs Industrial Societies

Description

In some places, people sleep less than others, even in modern times. Researchers studied sleep habits in different societies and found a surprising result.

While many people in the US and Canada complain about not getting enough sleep, studies show that may not be true.

People often think that gadgets like TVs and phones are causing us to sleep less. However, studies using different methods have shown mixed results.

It was discovered that people in less developed societies actually sleep less on average than those in more advanced ones.

Researchers studied sleep patterns in both industrialized and non-industrialized societies. They found that people in modern societies tend to sleep longer and better due to safer conditions for sleep.

However, modern lifestyles may disrupt our natural sleep rhythms, which could lead to poor sleep quality for some people.

While the study gives valuable insights, more research is needed to understand sleep habits better.

Vocabulary List:

1. **Researchers** /'ri:sɜ:rtʃərz/ (noun): Individuals who carry out systematic investigation to establish facts.
2. **Societies** /sə'saɪətɪz/ (noun): Groups of individuals living together in a more or less ordered community.
3. **Industrialized** /ɪn'dʌstriəlaɪzd/ (adjective): Having developed industries on a wide scale.
4. **Patterns** /'pætənz/ (noun): Repeated or regular arrangements or sequences.
5. **Disrupt** /dɪs'rʌpt/ (verb): To interrupt the normal course or continuity of something.
6. **Quality** /'kwɒləti/ (noun): The standard of something as measured against other things of a similar kind.

Comprehension Questions

Multiple Choice

1. According to the text, where do people in less developed societies sleep less on average compared to



more advanced ones?

- Option: At work
- Option: In public places
- Option: At home
- Option: On transportation

2. What did researchers find about sleep patterns in industrialized and non-industrialized societies?

- Option: People in industrialized societies sleep longer
- Option: People in non-industrialized societies sleep longer
- Option: Sleep patterns are similar in both types of societies
- Option: Sleep patterns were not studied

3. What is one possible reason mentioned for the disruption of natural sleep rhythms in modern lifestyles?

- Option: Use of electronic devices
- Option: Regular exercise
- Option: Consistent sleep schedule
- Option: Social interactions

4. What is suggested as a possible outcome of modern lifestyles disrupting natural sleep rhythms?

- Option: Improved sleep quality
- Option: Poor sleep quality for some people
- Option: No impact on sleep quality
- Option: Increased sleep duration

5. Why do people in modern societies tend to sleep longer according to the text?

- Option: Due to loud noises
- Option: Better sleep technologies
- Option: Safer conditions for sleep
- Option: Shorter work hours

6. What is mentioned as a potential need for additional understanding of sleep habits?

- Option: Increased use of technology
- Option: Further research
- Option: Changing societal norms
- Option: Lack of sleep awareness

True-False



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7. People in less developed societies generally sleep longer than those in more advanced societies.
 8. Modern lifestyles always positively impact natural sleep rhythms.
 9. Research on sleep habits in societies has provided sufficient insights for understanding.
 10. Gadgets like TVs and phones do not influence sleep patterns according to all studies.
 11. People in non-industrialized societies always have better sleep quality than those in industrialized societies.
 12. The text suggests that industrialization leads to shorter sleep durations.

Gap-Fill

14. Researchers studied sleep patterns in both industrialized and non-industrialized societies. They found that people in modern societies tend to sleep longer and better due to _____ conditions for sleep.
15. More research is needed to understand sleep habits _____.
16. While many people in the US and Canada complain about not getting enough sleep, studies show that may not be _____.
17. People often think that gadgets like TVs and phones are causing us to sleep less. However, studies using different methods have shown _____ results.
18. However, modern lifestyles may disrupt our natural sleep rhythms, which could lead to poor sleep quality for some _____.

Answer

Multiple Choice: 1. At home 2. People in industrialized societies sleep longer 3. Use of electronic devices 4. Poor sleep quality for some people 5. Safer conditions for sleep 6. Further research

True-False: 7. False 8. False 9. False 10. False 11. False 12. False

Gap-Fill: 14. safer



15. better 16. true 17. mixed 18. people

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the emotion when one feels in danger or at risk?

- Option: A. Joyful
- Option: B. Threatened
- Option: C. Peaceful
- Option: D. Excited

2. Which word describes something consisting of many different and connected parts?

- Option: A. Simple
- Option: B. Complex
- Option: C. Basic
- Option: D. Uncomplicated

3. What term is used for the process of developing industries in a country or region on a wide scale?

- Option: A. Rural
- Option: B. Developed
- Option: C. Industrialized
- Option: D. Agricultural

4. Which word describes the influence or effect of one thing on another?

- Option: A. Unnoticed
- Option: B. Neglected
- Option: C. Impact
- Option: D. Avoided

5. What is the term for assistance or encouragement given to someone or something?

- Option: A. Unaided
- Option: B. Unsupportive
- Option: C. Supportive
- Option: D. Abandoned

6. What is a repeated decorative design?



- Option: A. Random
- Option: B. Plain
- Option: C. Pattern
- Option: D. Dull

7. Which term refers to the standard or degree of excellence of something?

- Option: A. Inferiority
- Option: B. Substandard
- Option: C. Quality
- Option: D. Poor

8. Who are the individuals or businesses who purchase goods or services from a store or business?

- Option: A. Buyers
- Option: B. Customers
- Option: C. Window-shoppers
- Option: D. Sellers

9. What is the action of moving something or someone from one place to another?

- Option: A. Stillness
- Option: B. Transfer
- Option: C. Fixed
- Option: D. Static

10. Which word means to express complete disapproval of something or someone?

- Option: A. Praised
- Option: B. Condemned
- Option: C. Applauded
- Option: D. Commended

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

- 11. We learn valuable lessons from our _____ both good and bad.
- 12. It is important to address _____ promptly to prevent them from escalating.
- 13. The company announced the _____ of several employees due to restructuring.
- 14. Expressing _____ towards others can have a positive impact on relationships.
- 15. Employees are provided with secure _____ to company data to ensure



confidentiality.

16. The ice cream parlor offers a variety of _____ to cater to different tastes.
17. The museum displayed a perfect _____ of an ancient artifact.
18. The art expert examined the painting to determine its _____.
19. _____ are constantly exploring new frontiers in science and technology.
20. Increasing _____ about environmental issues is crucial for sustainable living.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The job role requires a high level of expertise in dealing with complex systems and processes.
22. Cultural norms and values vary across different regions and around the world.
23. It is important to critically examine data and information to draw meaningful conclusions.
24. The organization provides resources and assistance to help those in need.
25. The CEO decided to step down from his position due to personal reasons.
26. The new policy was heavily scrutinized and faced backlash from various stakeholders.
27. Innovation can traditional industries and create new market opportunities.
28. The pandemic had a significant on global economies.
29. Recognizing one's can boost confidence and motivation.
30. Safety protocols are in place to handle hazardous in the laboratory.

Answer

Multiple Choice: 1. B. Threatened 2. B. Complex 3. C. Industrialized 4. C. Impact 5. C. Supportive 6. C. Pattern 7. C. Quality 8. B. Customers 9. B. Transfer 10. B. Condemned

Gap-Fill: 11. experiences 12. issues 13. terminations 14. gratitude 15. access 16. flavors 17. replica 18. authenticity 19. Researchers 20. awareness

Matching sentence: 1. Technical 2. Societies 3. Analyze 4. Support 5. Resign 6. Criticized 7. Disrupt 8. Impact 9. Accomplishments



10. Chemicals

CATEGORY

1. Sci/Tech - LEVEL2

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