

1. - 3. soruları, aşağıda verilen parçaya göre cevaplayınız.

Two theories of sleep, the repair and the adaptive theories, attempt to explain why sleep occurs. In the repair theory, sleep serves a biological need, replenishing key areas of the brain or body depleted during the day. The adaptive theory suggests that sleep as a function evolved over time because it prevented early humans from wasting energy and exposing themselves to nocturnal predators, thus aiding in survival. REM sleep in particular has been thought to serve special functions. Research suggests whose REM sleep was interrupted made up for the loss by spending extra time in the REM stage on successive nights. It has also been suggested that REM sleep aids the activity of neurons. Persons deprived of REM sleep have shown poorer retention of skills learned during the day, leading to the hypothesis that REM sleep helps in assimilating daytime learning experiences.

1. It is understood from the passage that according to adaptive theory ----.

- A) the body replenishes itself during sleep
- B) if one gets enough sleep, he is more successful in his learning abilities
- C) through sleeping, early humans avoided going out at nights and being prey to animals
- D) a person mustn't be interrupted during the time of sleep
- E) REM sleep prevents a person from wasting his energy when he needs to be active during day-time

2. It is stated in the passage that if a person is distracted during REM sleep, ----.

- A) he may expose himself to risky acts during the following day
- B) he compensates the loss in the following nights
- C) it means he must have had learning disabilities in one way or other on the same day
- D) the key parts of the brain are damaged
- E) he has difficulty in sleeping the following night

3. It is suggested in the passage that the retention of skills learnt during the day ----.

- A) is more difficult if you sleep for a long time
- B) has been explained through adaptive theory
- C) may have a link to a person's REM sleep process
- D) is a subject of research without any sound evidence so far
- E) results from one's lack of key functions of the brain

DICTIONARY

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| 1. repair | tamir, onarım |
| 2. attempt | girişimde bulunmak, kalkışmak |
| 3. occur | meydana gelmek, ortaya çıkmak |
| 4. deplete | tükenmek, azalmak |
| 5. prevent | önleme |

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| 6. predator | avcı |
| 7. aid | yardım etmek |
| 8. successive | ardışık, peş peşe |
| 9. retention | bellek, akılda tutma |
| 10. assimilate | özümsemek |

4. - 6. soruları, aşağıda verilen parçaya göre cevaplayınız.

We have always used the energy of the sun as far back as humans have existed on this planet. It is known that without the sun, life wouldn't exist. Its energy is used every day in many different ways. In the 1890s, solar water heaters were being used all over the States. They proved a big improvement over wood and coal-burning stoves. Artificial gas made from coal was available too to heat water but it cost 10 times the price we pay for natural gas today. Electricity was even more expensive if you had any in your town. The problem with solar energy is that it works only when the sun is shining. So, on cloudy days and at night, the power plants cannot create energy. Some solar plants are hybrid; during the day time they use the sun and at night and on cloudy days, they burn natural gas to boil the water so they can continue to make electricity.

4. It can be understood from the passage that ----.

- A) using solar systems to obtain energy from the sun is a costly process
- B) the United States is not the first country to use solar energy
- C) the survival of life forms on Earth relies on the existence of the sun
- D) humans have recently realized how to use solar energy beneficially
- E) solar system can be installed only in places with cold climatic conditions

5. It is clear in the passage that by 1890s, ----.

- A) people had already started to use solar water heaters in the States
- B) the cost of artificial gas had increased too much to be afforded by an average citizen
- C) the hybrid technology was being researched in the States
- D) wood and coal-burning stoves had long lost their popularity with people
- E) power plants had been put up all over the areas in the States

6. The writer points out in the passage that ----.

- A) the sun is a good alternative in terms of energy usage
- B) using solar energy will be even more expensive
- C) it has always been possible to use the sun's energy on cloudy days
- D) people are forced to use natural gas due to the inefficiency of the solar energy
- E) artificial gas made from coal was a lot cheaper than natural gas we use today

DICTIONARY

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| 1. exist | var olmak |
| 2. heater | ısıtıcı |
| 3. improvement | gelişme |
| 4. artificial | yapay |
| 5. available | mevcut |

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| 6. create | yaratmak |
| 7. solar | güneş, güneşle ilgili |
| 8. obtain | elde etmek |
| 9. beneficial | faydalı |
| 10. inefficiency | etkisizlik, faydasızlık |