

THEORY:

1) Some Vocabulary :

1. challenge; reto
2. blame: culpar
3. overdo: usar demasiado.
4. due to: debido a
5. conceal: ocultar

PRACTICE:

1. Read the Text below and decide which answer A,B,C or D best fits each gap.

2. Rlook into the dictionary The unknown vocabulary you need and write it in your notebook.

Computers and Sleep

Are you often tired ? You can probably 1... your computer. Your laptop or your tabletfor this. When it is time for bed, your brain gives an order to 2... the production of melatonin, the chemical that makes you sleep. However, this can happen only in the dark. If you 3... a computeror tagblet before bedtime, your brain thinks it's daylight 4... the light coming from these devices. Consequently, it produces less melatonin and you can't fall asleep, so next day you're 5... and irritable. The gest way to deal with this problem is to 6... using tablets and computers. For an hour or two before bedtime, If this is impossible, the screen 7... as dark as possible. It's worth a try, because getting a good night's sleep will improve your 8... and make you less likely to become ill.

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|----------------------------|--------------|--------------------|--------------------|
| 1. A challenge | B enable | C blame | D warn |
| 2. A increase | B overdo | C sense | D spread |
| 3. A will use | B are used | C use | D used |
| 4. A as | B since | C because | D due to |
| 5. A sane | B exhausted | C stressfull | D out of shape |
| 6. A avoid | B conceal | C require | D hold |
| 7. A should have been made | B should mak | C should have made | D should have made |
| 8. effort | B mood | C pressure | D self-discipline |

SOLUTIONS:

- 1)
- 1c
- 2a
- 3c
- 4d
- 5b
- 6a
- 7d
- 8b