

**22- A person would be most likely to develop narcolepsy around age of .....**

- |          |          |
|----------|----------|
| a. 5-10  | b. 15-20 |
| c. 35-40 | d. 45-50 |

**23- A complete collapse is involved in .....**

- |                       |                   |
|-----------------------|-------------------|
| a. automatic behavior | b. hallucinations |
| c. REM sleep          | d. cataplexy      |

**24- Hypnagogic phenomena most likely occur .....**

- |                          |                               |
|--------------------------|-------------------------------|
| a. before falling asleep | b. in the middle of the night |
| c. soon after waking     | d. after getting up           |

**25- Sleep paralysis is most likely to occur following .....**

- |                   |                   |
|-------------------|-------------------|
| a. bouts of sleep | b. restless sleep |
| c. cataplexy      | d. REM            |

## ▶ PART TWO: VOCABULARY

**Directions: Choose the one word or phrase which best completes the sentence.**

**26- In order to stay healthy, people should ..... a simple lifestyle.**

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|------------|----------|
| a. adopt   | b. quit  |
| c. impress | d. cease |

**27- After a 10-minute break, the students ..... their English class to continue further exercises.**

- |               |                |
|---------------|----------------|
| a. terminated | b. constructed |
| c. resumed    | d. established |

**28- The main objective of the Ministry of Health is to ..... health problems.**

- |          |            |
|----------|------------|
| a. avert | b. promot  |
| c. boost | d. prolong |

**29- Health education programs teach the public to avoid behaviors with .....effects.**

- |                |                |
|----------------|----------------|
| a. efficacious | b. deleterious |
| c. concurrent  | d. beneficial  |

**30- Owing to the fact that children are more ..... ,they require more care.**

- |             |               |
|-------------|---------------|
| a. affluent | b. suspicious |
| c. reliable | d. vulnerable |

**31- People should be taught from childhood how to ..... their requirements sensibly.**

- |            |          |
|------------|----------|
| a. find    | b. meet  |
| c. collect | d. carry |

**32- The control of preventable diseases and better nutrition for all are among the main reasons for an increase in ..... all over the world.**

- |               |                   |
|---------------|-------------------|
| a. conformity | b. dissemination  |
| c. longevity  | d. discrimination |

**33- Folk medicine sometimes offers better ..... for some specific diseases. That's why it is gaining more popularity.**

- |                  |               |
|------------------|---------------|
| a. complications | b. adventures |
| c. associations  | d. remedies   |

**34- In order to improve your health status, you have to ..... your bad habits.**

- |             |            |
|-------------|------------|
| a. advocate | b. abandon |
| c. contract | d. proceed |

**35- Turning to an active lifestyle and consuming natural foods are the main causes of ..... in heart disease in our country.**

- |                |                |
|----------------|----------------|
| a. enhancement | b. decline     |
| c. therapy     | d. fluctuation |

**36- Due to lack of time, we asked him to ..... his report and present it as a brief summary.**

- |               |             |
|---------------|-------------|
| a. prolong    | b. condense |
| c. compromise | d. appeal   |

**37- Paranormal phenomena have long presented a serious ..... to science ; they cannot be explained by scientific methods.**

- |               |                |
|---------------|----------------|
| a. indictment | b. challenge   |
| c. provision  | d. Abstraction |

**38- The most immediate benefit of ..... a healthy diet is that it can lower blood pressure.**

- |                  |              |
|------------------|--------------|
| a. achieving     | b. receiving |
| c. accomplishing | d. adopting  |

**39- Among the surprising findings of the past decade is weight training can ..... some effects of aging.**

- |           |             |
|-----------|-------------|
| a. divert | b. reverse  |
| c. invert | d. converse |

**40- Getting negative emotions under control will likely help you have a higher level of ..... , be more optimistic, and be slightly more extroverted.**

- |                     |                      |
|---------------------|----------------------|
| a. self-rule        | b. self- esteem      |
| c. self- indulgence | d. self- destruction |