

You are going to listen to Jessa Gamble talking about sleep behavior. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for each question (1–7). Put a cross (☒) in the correct box on the answer sheet. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.



Quelle: Werner Stapelfeldt / Fotolia

The internal clock

- 0 **Jessa Gamble explains that life developed**
- A due to a reaction of amino acids and water.
 - B under alternating conditions of brightness.
 - C when Earth's climate changed.
 - D because of a drop in temperature.
- 1 **For some time after being displaced, a crab**
- A will remember what its cave looked like.
 - B generally tries to get back to familiar waters.
 - C follows the rhythm of the water levels at its home beach.
 - D will run in widening circles in its cage.
- 2 **During an experiment, people's internal clocks cause them to**
- A get up a quarter of an hour earlier.
 - B drift off during daytime.
 - C stay in bed a little longer.
 - D fall asleep about fifteen minutes later.
- 3 **The human internal clock influences**
- A people's sense of direction.
 - B social and artistic development.
 - C work attitude.
 - D rational thought processes.

- 4 **In summer traditional northern peoples are busy**
- A socializing with family.
 - B repairing their homes.
 - C preparing seasonal dishes.
 - D tracking and killing animals.
- 5 **People exposed to only natural light**
- A have a two-hour break in their sleep.
 - B take eight hours of uninterrupted sleep.
 - C sleep from sunset to sunrise.
 - D require two hours of sleep before midnight.
- 6 **People taking part in research say they**
- A struggle to get to sleep.
 - B never feel truly awake during the day.
 - C are disoriented during the day.
 - D discover what it feels like to be really awake.
- 7 **According to Jessa Gamble, it is important to**
- A travel less frequently by plane.
 - B realize that our lifestyle has drawbacks.
 - C open shops twenty-four hours a day.
 - D offer alternating eight-hour work shifts.

ANTWORTBLATT

The internal clock

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7	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>	D <input type="checkbox"/>

Von der
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