

Part 3

For questions **17-24**, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning **(0)**.

Write your answers **IN CAPITAL LETTERS** on the separate answer sheet.

Example:

0	D	E	S	P	E	R	A	T	E	L	Y							
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Two sleeps per night

Sometimes we wake up in the middle of the night and try **(0)** hard to **DESPAIR** get back to sleep, but instead we spend a really **(17)** night tossing and **COMFORT** turning until morning. This situation could be **(18)** of a stressful week, **SYMPTOM** but it could also be because of a sleep pattern we have inherited. Research shows that our ancestors, rather than enjoying an **(19)** period of sleep **INTERRUPT** at night, had two sleeps broken up by some time awake.

The eight-hours-a-night pattern that has become almost **(20)** to **ESSENCE** modern humans has only been **(21)** in industrialised countries since **CUSTOM** the 19th century. Then **(22)** electricity was introduced, which resulted **AFFORD** in a division between night and day that became **(23)** blurred. What **PROGRESS** had until then been daytime activities could now be enjoyed after darkness, and as a result, we went to bed later. We were therefore more tired, and this **ABLE** **(24)** us to sleep through the night. However, scientists believe that, subconsciously, some people may still follow the old patterns and have a lengthy period of wakefulness during the night.