

File Test 6 Grammar, Vocabulary, and Pronunciation B

GRAMMAR

1 Underline the correct word(s).

Example: Peter 's **used to** / **used to** play the violin but now he prefers the guitar.

- 1 Masato and Kei **used to being** / **used to be** in a band, but it's split up now.
- 2 I just can't **be used to** / **get used to** my new pillow. It's thicker than my old one!
- 3 We **used to** / **use to** go to music festivals every summer when we were students.
- 4 Did you **use to** / **used to** sing in the choir at school?
- 5 When we lived in the USA, we would **often** / **used to** go into the mountains at the weekend.
- 6 Our choir **usually** / **use to** practises in the community hall on a Saturday, but it is being redecorated this weekend.
- 7 I occasionally eat fish now but I **didn't use to** / **wasn't used to** like it.
- 8 I **didn't use to** / **'m not used to** speaking so much English – it's tiring!
- 9 My mother **use to** / **would** always bake cakes at the weekend when I was little. I loved it!
- 10 At first, driving on the right felt weird, but I **use to** / **'m used to** it now.

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2 Complete the sentences with the gerund or the infinitive form of the verb in brackets.

Example: My uncle can't stand listening (listen) to pop music.

- 1 Could you let me _____ (speak), please!
- 2 You mustn't forget _____ (practise) playing your cello at home this week.
- 3 To be honest, I'd prefer _____ (stay) in tonight.
- 4 My sister and I would often stay up all night _____ (chat) when we shared a room.
- 5 Did you remember _____ (set) your alarm clock?
- 6 Have you ever tried _____ (sleep) on the other side of the bed?
- 7 I'd rather you _____ (not call) me by my full name – I prefer my nickname.
- 8 The windows on this train definitely need _____ (clean). I can't see a thing out of them!
- 9 The shop assistant refused _____ (give) me a refund.
- 10 I'm definitely not an early bird! I couldn't get used to _____ (wake) up early.

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Grammar total		20
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VOCABULARY

3 Underline the correct word.

Example: My best friend always thinks she's ill. She's a bit of a hypochondriac / psychologist.

- 1 The **graffiti** / **architecture** in Copenhagen is fantastic. There are so many interesting buildings.
- 2 Gino is one of the best **chauffeurs** / **chefs** in the world – his restaurant is always fully booked.
- 3 Tonight Hélène Grimaud will perform Brahms' Piano **Concerto** / **Symphony** no.1.
- 4 Nina looks so **fashionable** / **chic** in that outfit, as the French would say!
- 5 Paolo sent Manuela some flowers – a lovely **croissant** / **bouquet** of roses.
- 6 I love that café – the **macchiatos** / **baristas** really know a lot about coffee.

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4 Complete the words in the sentences.

Example: 'Which instrument looks like a very large violin?' 'A cello.'

- 1 When you hear a song that has a strong **b**_____, you can't help tapping your feet to it!
- 2 Jazz and rap are examples of two very different musical **g**_____.
- 3 A **f**_____ is a long thin metal instrument that you blow into.
- 4 The extra piece the performer does when the audience calls them back is called an **e**_____.
- 5 The person who directs an orchestra is called a **c**_____.
- 6 A female singer who can sing very high musical notes is called a **s**_____.

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5 Complete the sentences with the correct word(s).

Example: I really feel the cold in the winter so I like to sleep under a thick duvet.

duvet sheet pillow

- 1 If you eat too much late at night, it will _____ you awake.
make stay keep
- 2 You keep _____. Are you tired or just bored?
snoring napping yawning
- 3 Grandad gets up very early so he sometimes has a _____ in the afternoons.
yawn nap dream
- 4 I use a special _____ that gives my sore neck support.
duvet blanket pillow
- 5 I didn't hear the doorbell this morning – I was still _____ asleep when it rang.
fallen deep fast
- 6 At night, my dad _____ so loudly that he keeps everybody in the house awake!
oversleeps yawns snores
- 7 That alarm clock's incredibly loud – you needn't worry about _____.

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- having a nightmare oversleeping keeping awake
- 8 My wife used to suffer from _____. She would be awake for hours every night.
nightmares jet lag insomnia

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Vocabulary total		20
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PRONUNCIATION

6 Underline the stressed syllable.

Example: du|vet

- 1 ar|chi|tec|ture
- 2 phil|lo|so|phy
- 3 or|che|stra
- 4 hy|po|chon|dri|ac
- 5 in|som|ni|a

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7 Match the words with the same sound.

guitar plays pillow saxophone encore price
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Example: graffitti saxophone

- 1 eyes _____
- 2 course _____
- 3 alarm _____
- 4 cappuccino _____
- 5 concert _____

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Pronunciation total		10
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Grammar, Vocabulary, and Pronunciation total		50
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File Test 6
Reading and Writing B**READING**

Read the article about music and insomnia. Five sentences have been removed. Which sentence (A–F) fits each gap (1–5)? There is one extra sentence which you do not need to use.

Music beats insomnia

Everyone knows that a good night's sleep is essential for our physical and mental well-being. Sleep is so much more than a way of restoring energy after a busy day. It is a state during which the body repairs itself, stores information, and secures experiences in our memories. But in our busy world, full of technological distractions and noise and light pollution, it's difficult to get that optimum eight hours of quality sleep we all need. We all have the odd sleepless night. (----1----) The condition affects approximately 30% of adults at some point in their lives.

The effects of insomnia are unpleasant, ranging from tiredness, difficulty concentrating, and memory loss, to more serious health problems such as diabetes and obesity. It's not surprising, therefore, that when insomnia hits, many people reach for the medicine cabinet. But this is not an ideal solution because taking regular sleep medication can lead to harmful effects on the body. So, what's the alternative?

Music has long been associated with relaxation. Historical anecdotes name Bach as popular listening material for those suffering from sleep and chronic health problems. (----2----) So, in an attempt find a safer alternative to sleep medication, a team of experts from the University of Sheffield's Music and Wellbeing research unit collaborated with researchers from the Sleep and Cognition Laboratory at the University of Lincoln and Goldsmiths University of London on an important music-sleep project.

The first phase of the project was to survey over 650 people with varying sleep habits. The first question was designed to find out what type of music people listen to when they are nodding off, and why they believe that music improves their quality of sleep. (----3----) Other popular music choices included Mozart, Ed Sheeran, and Cold Play. However, researchers were amazed at the incredibly wide variety of responses. Overall, these included 14 different music genres and the songs of 545 different music artists.

The second question asked the participants why they thought that listening to their chosen music helped them sleep. While the obvious answer might have been that it helps them to relax, the responses showed that music fulfilled a range of functions and were different for each person. For some, it slowed racing thoughts, improved focus, and cleared the mind, making the body more ready for sleep. Some participants used music as a distraction from background noise such as traffic, to prevent worrying thoughts, or to fill silence in order to provide a sense of security. (----4----) The researchers concluded that there is no single solution for using music to improve sleep. Each individual needs to choose the music that works for them and use it in the way that works best for them. The researchers are determined to translate that into an alternative musical treatment for insomnia. The question is how?

The next phase of the research will involve expanding the survey to cover as many populations and cultures as possible. The music that this future survey finds to be most effective overall will then be tested using advanced sleep recording techniques. (----5----) This could then be combined with advice on sleep strategies to create a complete treatment

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package for people who need to restore their sleep patterns. Until this new technology has been developed, however, the best advice is to avoid spending money on the 'sleep CDs' that are available to buy and to trust your own musical choices. Sweet dreams!

- A Interestingly, the most popular musician for assisting sleep turned out to be Bach.
- B Over 50% of the people in the study reported that this helped them to wind down and prepare for sleep.
- C The aim of the research will be to ultimately develop personalized music selection technology,
- D However, those whose sleep is disrupted for over a month, are classified as suffering from insomnia.
- E Others just said they were used to the routine and couldn't sleep without it.
- F Many people listen to music before bed or while drifting off to sleep, but the positive effects have been mainly anecdotal and few major studies have been done to date.

Reading total		10
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WRITING

You recently bought an album by your favourite artist. Write an email to your friend telling him / her about it.

Write 140–180 words. Include the following information:

- **tell him / her what kind of music your favourite artist makes**
- **explain why you like that kind of music**
- **say whether the album is as good as you had hoped it would be.**

Writing total		10
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Reading and Writing total		20
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File Test 6 Listening and Speaking B

LISTENING

1 Listen to five people talking about sleep problems. Choose from the list (A–F) what each speaker says caused the problem. Use the letters only once. There is one extra letter which you do not need to use.

- A natural light
- B noise pollution
- C jet lag
- D a food allergy
- E what she was sleeping on
- F an animal

Speaker 1: []
Speaker 2: []
Speaker 3: []
Speaker 4: []
Speaker 5: []

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2 Listen to a radio interview with a sleep researcher about teenagers and sleep. Underline the correct answer.

- 1 In Anja's opinion, teenagers are **not treated fairly for / to blame for/ need education about** their sleep patterns.
- 2 Anja's research shows that young people's body clocks **are the same as adults / work to a different schedule / aren't fully developed**.
- 3 The presenter admits he has been frustrated with **his teenage children / school start times / his own sleeping patterns**.
- 4 According to Anja, teenagers can **sleep better if they exercise / have health problems from waking up early / catch up on sleep at the weekend**.
- 5 According to Anja, the sleep situation for young people will only improve if **they take expert advice / society adjusts to them / parents insist on a strict bed time routine**.

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Listening total		10
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File Test 6 Listening and Speaking B

SPEAKING

1 Answer your partner's questions.

Now make questions and ask your partner.

- 1 Would / rather listen / live music / recorded music? Why?
- 2 Have / be / concert? If so, which artist?
- 3 Which musical instrument / like / learn / play? Why?
- 4 What / do if / can't sleep?
- 5 What / usually dream about?

2 Read the statement below about sleep. Tell your partner whether you agree or disagree. Give reasons.

'You should always have the same sleep routine each night no matter which day of the week it is.'

3 Listen to your partner talking about music. Do you agree with him / her?

Speaking total		20
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Listening and Speaking total		30
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