

## LISTENING COMPREHENSION

### LISTENING 1

You will hear an interview with dr Elisabeth Klerman, a scientist who studies sleep.

**TASK 1. Decide if these statements are true, false or whether these issues have not been mentioned in the recording. Circle T for “true”, F for “false”, and NG for “not given”.**

1. Sleep is an active phase of our lives as it enables the body to repair and rejuvenate itself.	<b>T / F / NG</b>
2. The structure responsible for controlling the circadian rhythms lies in the hypothalamus, superiorly to the crossing of the optic nerves.	<b>T / F / NG</b>
3. Klerman claims that the circadian clock usually works on its own, without communication with the environment.	<b>T / F / NG</b>
4. The first study involved a circadian misalignment by simply shortening sleep to 5.5-6 hours.	<b>T / F / NG</b>
5. The results of the first study show that getting used to too short sleep is impossible.	<b>T / F / NG</b>
6. After inadequate sleep, a person’s reaction time becomes increasingly longer.	<b>T / F / NG</b>
7. An example of the influence of insufficient sleep on our lives given in the recording involves road safety.	<b>T / F / NG</b>
8. In the second study described, people were asked to sleep at home for a total time of 16 hours in 24 hours.	<b>T / F / NG</b>
9. The recommended sleeping time ranges from 12.5 hours for the young to slightly under 8 hours for the elderly.	<b>T / F / NG</b>
10. Klerman thinks that her patients were mistaken about how much sleep they needed.	<b>T / F / NG</b>

**TASK 2. Listen again and fill in missing words (write the exact words used in the recording).**

1. Klerman mentions ..... studies on the circadian clock and on its ability to generate 24-hour rhythms.
2. The tests checking response time performed in the first study did not include ..... or memory tests.
3. The ..... range of the patients in the second study was from 6 to 10 hours.
4. In the second study the subjects were scheduled to have a ..... during the day.
5. Comparing older and younger subjects' sleeping times, Klerman says that older people's ..... than younger ones'.

Source: Harvard Medical School Podcast Library  
<https://hms.harvard.edu/podcasts/are-you-getting-enough-sleep>

## LISTENING 2

You will hear five conversations about recent advances in medical science.

**TASK 3. Match the conversations (1–5) with what the speakers are talking about.**

**Choose two topics for each conversation. There are five topics too many.**

- |                              |   |
|------------------------------|---|
| Conversation 1 _____ , _____ | A. Use of anonymous data in research              |
| Conversation 2 _____ , _____ | B. IT technology                                  |
| Conversation 3 _____ , _____ | C. Necessity for further research                 |
| Conversation 4 _____ , _____ | D. International scientific cooperation           |
| Conversation 5 _____ , _____ | E. Cutting-edge research                          |
|                              | F. Increase in cancer mortality linked to smoking |
|                              | G. Large scale research                           |
|                              | H. Modified invention                             |
|                              | I. Comparison of two approaches                   |
|                              | J. Research limitations                           |
|                              | K. Different cooking techniques                   |
|                              | L. Research involving rodents                     |
|                              | M. Need for animals in medical research           |
|                              | N. DNA modifications                              |
|                              | O. Adverse reactions                              |

Source: The Naked Scientists Podcasts  
<https://www.thenakedscientists.com/podcasts/naked-scientists>