Pre-Basic Level Sample Exam

Jet Lag: Flying High, but Feeling Low

1. Do you ever feel sick, confused, or very tired after a long plane ride? If you were flying east to west or west to east, the problem could have been jet lag. Jet lag happens when your body's time clock becomes confused. Crossing several time zones may make you feel very tired. Crossing time zones can cause you to wake during the night and then want to fall asleep during the day. Your inbuilt body rhythms have been disturbed, and it can take many days for the body to readjust to the new time zone.

2. The length of the flight is not the critical issue. The most important factor is how many time zones you cross. People can suffer jet lag just crossing the United States (three hours' time change) but would be much less affected by a north-south or south-north flight that took the same time because you don't cross any time zones. The number of intermediate stops is also a factor, as each stop is accompanied by changes in cabin pressure.

3. You may become confused because you are tired. In fact, you may become so mixed-up that you won't be able to concentrate. You might get headaches and notice that you have problems eating and sleeping. These are all symptoms of jet lag.

4. Some people suffer more from jet lag than other people do. Symptoms may last for one day or several days. Chronobiologists, the scientists who study the effects of time on living things, say that the seriousness of your reaction depends on several factors. One factor is the number of time zones you crossed. Another factor is whether you flew east to west or west to east. It is easier to adjust after an east-to-west flight which is always more difficult than a south-north or north-south flight.

5. Personality factors ______________ affect how easily you adapt to the new time. For example, "night" people adapt more easily than "morning" people. Extroverts (outgoing, sociable people) adjust more easily than introverts (shy, quiet people). Flexible people who don't mind changes have fewer problems than inflexible people who are rigid and don't like change. But there are also physical factors that can affect people. Younger people suffer less than older people. For example, children under three don't seem to suffer jet lag badly because they do not yet have a fixed routine, and are flexible. Finally, healthier people get over jet lag more easily than people who are sick.

6. Jet lag is something that many people feel but not many understand. Researchers are working to understand jet lag well enough to be able to prevent it. To avoid serious symptoms, it may help to drink plenty of liquids in flight, wear comfortable clothes, and move around every hour. Some doctors even recommend special diets to help control jet
lag. Books and anti-jetlag products are already available in stores. If you are planning to fly across time zones, don't let jet lag ruin your trip.
JET LAG - Questions

(each question = 5 points)

1. According to the information in paragraph 1, effects of 'jet lag' can
   a. be overcome quickly.
   b. last for several days.
   c. disappear only after flying east to west.
   d. be overcome only after a long plane ride.

2. The main purpose of the first paragraph is to
   a. explain the problems of flying.
   b. show why one should not fly.
   c. introduce the subject of jet lag.
   d. give symptoms of jet lag.

3. Circle the main factor that causes 'jet lag' according to the information in paragraphs 1 and 2.
   a. the distance of the flight.
   b. flying north to south.
   c. flying east to west.
   d. stopping over during flights.

4. According to the information in paragraph 2, the 'critical issue' (line 7) is
   a. how many time zones you cross.
   b. the length of the flight.
   c. changes in cabin pressure.
   d. flying for over three hours.

5. We can understand from paragraph 2 that many changes in cabin pressure have a negative effect
   on
   a. flight length.
   b. your ears.
6. In paragraph 3, the sentence "In fact, you may become so mixed up that you won’t be able to concentrate." (lines 12-13) illustrates
   a. cause and effect.
   b. problem and solution.
   c. contrast.
   d. comparison.

7. Which of the following best expresses the main idea of paragraph 4?
   a. Factors involved in jet lag.
   b. Chronobiologists are scientists studying jet lag.
   c. Jet lag is caused by crossing time zones.
   d. Jet lag affects most people equally.

8. Which flight will cause you the least ‘jet lag’ according to the information in paragraphs 1-4?
   a. flying north to south with no stopovers
   b. flying west to east with no stopovers
   c. flying south to north with one stopover
   d. flying east to west with no stopovers

9-11. Circle the correct answer to complete the following sentence according to the information in paragraphs 4 and 5.
   Scientists have found that people will suffer more from jet lag if they 9.
   ____________
   many time zones, if they 10. ____________ from west to east and if they like to be awake 11. ____________.

   9. a. adjust
      b. cross
c. stop
d. confuse

10. a. stop
   b. fly
   c. suffer
   d. change

11. a. at night
   b. in the morning
   c. at work
   d. in flights

12. Fill in the blank in line 21 with the correct connector.
    a. such as
    b. also
    c. however
    d. as a result

13. Which sentence in paragraph 5 states the same idea as the following sentence.
    People who deal well with new things have an easier life.
    a. sentence number 2
    b. sentence number 4
    c. sentence number 6
    d. sentence number 7

14. According to the information in paragraph 5, the reader can understand that
    a. physical factors affect jet lag more than personality factors.
    b. easygoing relaxed healthy people manage flying better.
    c. older people and children suffer the most from jet lag.
    d. night people should fly at night in order to avoid jet lag.
15. According to the information in paragraph 6, when you fly, you should try to drink lots of liquid, wear comfortable clothes and move around every hour in order to
_____________
jet lag.
   a. schedule
   b. avoid
   c. understand
   d. ruin

16. Paragraph 6 mainly deals with
   a. advice helping us reduce the effects of jet lag.
   b. the reasons we don't understand jet lag.
   c. what doctors think of jet lag.
   d. books that teach us how to feel well during flights.

17-19. Circle the correct answer to complete the following summary of the text.

Jet lag can be caused by many factors including 17. ______________ during flights.
As a result of jet lag, some people feel sick or tired because their inbuilt body rhythm is disturbed and therefore, they cannot 18. ______________. However, not all people have the same 19. ______________ from long flights. Babies, for example, don't suffer from jet lag as adults do. In addition, drinking water and wearing comfortable clothes can help prevent jet lag.

17. a. sleeping
b. crossing time zones
c. flying south to north
d. flying high

18. a. eat
   b. enjoy
   c. sleep
   d. travel

19. a. reactions
   b. enjoyment
   c. sleep
   d. factors

20. The writer wrote this article in order to
   a. present new ways to enjoy long-distance travel.
   b. help travelers decide where to go on vacation.
   c. explain why jet lag is usually not a problem.
   d. familiarize the reader with the subject of jet lag.