

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A), False (B) or Not Mentioned (C).

Today's teens have built up an impressive amount of daily screen time. Figures put it at between six to eight hours a day for 11-15 year-olds, and that's not including time spent on a computer for homework. In fact, even the average UK adult spends more time looking at a screen than sleeping, according to one analysis. This trend is now exposing some worrying results and researchers are interested in the impact it is having on many aspects of our health, including sleep, the importance of which is currently gaining unique attention.



In a 2017 study of over 1,700 young adults of both sexes, researchers found that when it comes to social media interaction, the part of a day during which such an interaction takes place plays a critical role. Involvement during the last 30 minutes before bed was found to be the strongest sign of a poor night's sleep being completely independent of the total amount of time of use during the day. Keeping those last 30 minutes tech-free seems to be crucial to a peaceful sleep. A now well-told warning is that the blue light from the screens inhibits our melatonin levels, a chemical that effectively tells us that it's time to nod off. It could also be possible that social media use increases a person's anxiety as the day goes on, making it hard to switch off when we finally go to bed. Or a more obvious reason might be that social media is deeply addictive and simply reduces the time we have for sleep.

(Words: 256)

STATEMENTS		A	B	C
		TRUE	FALSE	NOT MENTIONED
1.	Nowadays, teenagers seem to spend a significant amount of time in front of a screen.			
2.	Teenagers spend between six to eight hours a day on a computer in order to do their homework.			
3.	The average UK adult spends less time sleeping than looking at a screen.			
4.	Some researchers investigate the impact sleep may have on many aspects of our health.			
5.	According to the text, only teenage girls participated in the 2017 study.			
6.	The part of the day during which we use social media to interact with other people has no impact on our overall well-being.			
7.	Getting a good night's sleep was found to relate with people's habits 30 minutes before going to bed.			
8.	The blue light produced from screens prevents our body from producing any toxins.			
9.	Social media use increases people's anxiety making it hard to sleep when they finally go to bed.			
10.	Social media use reduces the time we spend with our family members.			

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	impressive	B.	exposing	C.	popularity	D.	impact	E.	aspect
F.	trends	G.	crucial	H.	factor	I.	effectively	J.	anxiety

11.	Every _____ of our daily life is influenced by technology.
12.	Social media have gained impressive _____ over the past five years.
13.	She is very familiar with the latest _____ in fashion.
14.	Children normally feel a lot of _____ about their first day at school.
15.	Workers in this factory must be given sufficient training to be able to do their job _____.
16.	Heavy snow was a contributing _____ in the accident.
17.	Vitamins are _____ for maintaining good health.
18.	The anti-smoking campaign has made quite a(n) _____ on young people.
19.	Many journalists have built their careers on _____ political scandals.
20.	That was a(n) _____ performance from such a young ballet dancer.