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| Subject | English HL | Grade | 11 | Date |  |
| Topic | Summary writing | Term 1  Revision |  | Term 2  Content |  |
| Time Allocation | 60 Mins | Marks | 10 | | |
| **INSTRUCTIONS** | * Have a pencil ready at hand. * Read and comprehend the instruction question. * Read the passage below two to three times. * First reading should be free reading. * With second reading underline the sentences that are answering the instruction question. * Copy and write the underlined sentences. * Write the sentences in **your own words**. * Write the sentences in the paragraph form of 80 – 90 words * Check the memorandum and mark yourself. | | | | |

**INSTRUCTION QUESTION: You have been asked to make a summary of this article to present to your Life Orientation class.**

**Various sleep disorders**

Insomnia is a broad category of different types of sleep disorders, characterized by either the inability to fall asleep, or to stay asleep until morning. Insomnia can occur on its own, but can also be associated with medication, substance abuse, mood and anxiety disorders- it can also be a result of some of the sleep disorders below.

Restless leg syndrome is a common but under-diagnosed movement disorder, says Dr Irshaad Ebrahim, sleep specialist. Characteristics include an urge to move your legs (usually worse in the evening) and a crawling or itchy sensation in the limps.

Narcolepsy sufferers fall asleep for anything from 30 seconds to 30 minutes in the middle of even heavy activity such as playing sport, and often experience temporary paralysis (cataplexy) brought on by, among other things, laughter.

There is a circadian rhythm disorder – where your body’s internal clock is disrupted- caused by working and sleeping outside of the usual wake/sleep, light/dark hours. Because sunlight is one of the factors ‘setting’ your body clock, when you work inside a windowless factory during the day or if you work nightshift your body isn’t exposed to sufficient natural light and your circadian rhythms become misaligned.

‘Obstructive sleep Apnoea is characterized by silence followed by a very loud snore and comes with a host of associated problems including dangerously low Oxygen levels, excessive day time sleepiness, irritability, memory lapses, inattention and personality changes,’ says Dr Ebrahim.

Sleepwalking occurs during stage three and four of your sleep cycle and is accompanied by an increased heart rate and respiratory rate. The risk of injury is high, as sleepwalkers leave their bed confused and disorientated.

Ever wondered why new mums are so exhausted? The average adult’s sleep cycle is an hour and a half long, while a baby’s sleep cycle is approximately 60 minutes. When they niggle in between cycles, they put you out of your cycle before it ends. When you fall back asleep you start at stage one again, so you never complete a full cycle. [*Sleep disorders* by Elizabeth Atmore]

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| Sentences from the passage | Sentences in your own words |
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