

[1]

Traveling across time zones particularly via airplane, can  
be very disconcerting to the human body, both physically  
and mentally. When you “gain” or “lose” time going from  
Point A to Point B, a condition (*desynchronosis*) likely  
affects you in some form. Jet lag is medically considered a  
sleeping disorder, although it is normally a temporary  
condition and not as serious as other sleeping dysfunctions.

61. A. NO CHANGE  
B. zones; particularly  
C. zones, particularly,  
D. zones, particularly
62. Given that all of the choices are true, which one would provide the most detailed and relevant information at this point in the essay?  
F. NO CHANGE  
G. a condition called *desynchronosis*, commonly known as jet lag,  
H. a condition known as *desynchronosis*  
J. a condition of jet lag
63. A. NO CHANGE  
B. not serious  
C. serious as not  
D. as serious as

[2]

[64] The term “circadian” originates from the Latin *circa*, meaning “about,” and *diem* or “day.” Circadian rhythms refer to a variety of daily bodily functions such as temperature changes, sleep patterns, and digestive functions. Normally, the body operates on a 24-hour time period that coincides with the earth’s 24-hour cycle of night and day. The human body generally falls into a routine of sleeping and waking; that is, regular changes in body temperature, breathing, and digestion take place. In addition, most who’s inner clocks cause more sleepiness from 3:00 p.m. to 5:00 p.m. and again from 3:00 a.m. to 5:00 a.m. Body temperature usually rises as the day goes on, quickly drops around midnight, and then begins

64. Which of the following sentences would most effectively introduce the subject of this paragraph and act as a transition from the preceding paragraph?
- F. Many scientific words have Latin origins.
  - G. Sleeping disorders can produce a great deal of stress and anxiety.
  - H. Most travelers are unaware of the exact moment that they leave one time zone and enter another.
  - J. Traveling across time zones over a short period of time disturbs the body’s circadian rhythms.
65. A. NO CHANGE  
B. waking regular  
C. waking, during which regular  
D. waking. Regular
66. F. NO CHANGE  
G. Likewise  
H. Instead  
J. For example
67. A. NO CHANGE  
B. of our inner clocks  
C. whose inner clocks  
D. of us inner clock’s

the cycle of rising again just before 6:00 a.m. Since these<sup>68</sup>  
changes occur on a twenty-four-hour cycle, so abrupt time  
zone changes can understandably upset the body's

highly well-tuned in system of regulation.

<sup>69</sup>

[3]

Some symptoms of jet lag include excessive daytime  
sleepiness or some level of insomnia at night, changes in  
appetite and/or digestion, moodiness, and difficulty  
concentrating. Often, after traveling on a plane for<sup>70</sup>  
long periods,<sup>70</sup> people will also experience headaches, dry  
sinuses, earaches, and bloating. However, these symptoms

are more likely being attributable to the conditions of the

<sup>71</sup>

airplane cabin, which has a very dry pressurized,<sup>72</sup>  
atmosphere, and are not symptomatic of jet lag.

68. F. NO CHANGE  
G. However, these  
H. Because these  
J. These
69. A. NO CHANGE  
B. well-tuned  
C. highly tuned well  
D. high
70. F. NO CHANGE  
G. Often, after doing a lot of traveling on a plane for long periods  
H. After traveling for long periods on a plane sometimes  
J. Traveling for long periods on a plane
71. A. NO CHANGE  
B. are more likely to be attributable  
C. are attributable, more likely,  
D. are more likely attributable
72. F. NO CHANGE  
G. dry, pressurized  
H. dry, pressurized,  
J. dry pressurized

[4]

[1] There are steps that can be taken to alleviate the effects of jet lag, primarily as preventive measures.

[2] First, it might be helpful to slightly alter your sleeping schedule for several days before your trip. [3] If you are going east, for example, go to bed one hour earlier and rise the next day an hour earlier so that you will be somewhat more acclimated to the new time zone. [4] Regulating your exposure to light can also be helpful, since light and darkness serve as triggers to the brain. [5] Before traveling west, expose yourself to evening light and avoid early morning light for several days as a way of simulating the new time zone you're headed toward. [6] Some say it takes about one day for every hour of time zone change to completely adjust to the new time zone. [7] Unfortunately

73. Which of the following alternatives to the underlined portion would NOT be acceptable?
- A. trip. When traveling east, for example,
  - B. trip; if you are going east for example,
  - C. trip. For example, if you are going east,
  - D. trip, if you are going east for example,

for many, that formula often coincides precisely with the return trip. [8] Avoiding caffeine and alcohol may also aid your body in adjusting to its new

74. For the sake of the logic and coherence of this paragraph, Sentence 8 should be placed:
- F. where it is now.
  - G. after Sentence 4.
  - H. before Sentence 6.
  - J. before Sentence 7.









## English test

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1. B	21. A	41. B	61. D
2. G	22. F	42. H	62. G
3. C	23. D	43. A	63. A
4. J	24. F	44. J	64. J
5. A	25. B	45. C	65. C
6. G	26. F	46. J	66. J
7. B	27. D	47. A	67. B
8. J	28. G	48. G	68. J
9. B	29. A	49. A	69. B
10. F	30. F	50. H	70. F
11. D	31. D	51. A	71. D
12. J	32. F	52. H	72. G
13. A	33. A	53. D	73. D
14. G	34. H	54. H	74. H
15. C	35. A	55. A	75. A
16. G	36. F	56. J	
17. A	37. A	57. B	
18. J	38. J	58. F	
19. B	39. D	59. A	