



**PRUEBA DE ACCESO A LA UNIVERSIDAD
Y PRUEBA DE ADMISIÓN**
ANDALUCÍA, CEUTA, MELILLA y CENTROS en MARRUECOS
CURSO 2024-2025

**LENGUA EXTRANJERA
INGLÉS (ACCESO)**

- Instrucciones:**
- a) Duración: 1 hora y 30 minutos.
 - b) Todas las cuestiones deben responderse en el papel entregado para la realización del examen y nunca en los folios que contienen los enunciados.
 - c) Este examen consta de varios bloques. Debe responder a las preguntas que se indican en cada uno.
 - d) La puntuación está indicada en cada uno de los apartados.
 - e) No se permite el uso de diccionario.

El examen consta de 3 Bloques (A, B y C)

En cada bloque (**Comprehension, Use of English y Writing**) se plantean varias preguntas. Se deberá responder al número que se indica. En caso de aportar más de una respuesta, solo se tendrá en cuenta la que aparezca en primer lugar. Las preguntas han de ser respondidas en su totalidad: si la pregunta tiene dos secciones, hay que responder a ambas.

BLOQUE A (Comprensión lectora)

Puntuación máxima: 4 puntos

Debe responderse a las 8 preguntas del texto propuesto.

COMPREHENSION (4 points). READ THE TEXT AND ANSWER ALL THE QUESTIONS.

THE FORGOTTEN HABIT OF TWO SLEEPS

- 1 For millennia, people slept in two shifts between nightfall and dawn. But why did this habit disappear?
2 On 13 April 1699, in northern England, nine-year-old Jane Rowth and her mother woke up from their first sleep of the evening,
3 just before two men came to their window. Mrs. Rowth whispered to Jane to stay quiet and promised to return in the morning, but
4 she never came back; she was later found murdered. This story struck historian Roger Ekirch when he discovered Jane's testimony
5 in the judicial archives in the early 1990s, where she casually referenced her "first sleep."
6 Intrigued, Ekirch researched the phenomenon of biphasic sleep, finding that it was widely practiced throughout the preindustrial
7 world. References to first and second sleeps appeared in various texts, including Chaucer's *The Canterbury Tales* and works by
8 notable figures such as Plutarch and Virgil. The habit was not limited to England; it appeared in cultures across Africa, South
9 America, and Asia. The system of two sleeps was around for centuries, with the first mention dating back to the 8th century BC in
10 Homer's *Odyssey*. Evidence of biphasic sleep can be found throughout history. For example, Christian monks adopted it for prayers
11 in the 6th century.
12 In the 17th century, a typical night involved going to bed from 9:00 to 11:00 pm, with people sleeping in shared spaces. Then,
13 they would naturally wake up for a period known as *the watch*, which lasted until about 1:00 am. The watch was used for various
14 activities, including household chores, socializing, and even sexual intimacy. This interval was also often a time for reflection,
15 prayer, or simply chatting with bed companions.
16 Ekirch's research reached a crucial moment in 1995 when he read about a sleep experiment by Thomas Wehr. The study
17 involved men who, after weeks of limited light exposure, reverted to biphasic sleep, confirming Ekirch's hypothesis about the
18 biological basis for this practice. More recent studies, including one in Madagascar, found that certain communities still follow
19 biphasic sleep patterns.
20 The shift away from this natural rhythm began with the Industrial Revolution, which introduced artificial lighting and altered
21 diurnal rhythms, leading to the consolidation of sleep into a single uninterrupted period. Although we may have lost the social and
22 philosophical aspects of biphasic sleep, modern conditions provide a different but arguably healthier sleeping experience.

CHOOSE AND WRITE THE CORRECT OPTION (A, B, C or D). (0.5 points each)

A1. According to the text, Mrs. Rowth...

- (a) was found dead by her daughter.
- (b) left her daughter unsupervised.
- (c) told her daughter to go back to sleep.
- (d) left in the morning.

A2. According to the text, two-phase sleep...

- (a) was adopted for safety reasons.
- (b) was not documented until Ekirch's study.
- (c) did not affect family interaction.
- (d) was affected by the Industrial Revolution.

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT. (0.5 points each)

A3. Ekirch found Jane's testimony while he tried to prove his theory of two sleeps.

A4. The two-phase sleep facilitated the performance of monastic duties.

A5. The first period of sleep was commonly referred to as *the watch*.

A6. The two-phase sleep required domestic tasks to be done after sunrise.



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A7. FIND IN THE TEXT: (0.5 points)

A7.1. ONE SYNONYM FOR: “murmur” (verb).

A7.2. ONE SYNONYM FOR: “mate” (noun).

A8. FIND IN THE TEXT: (0.5 points)

A8.1. ONE WORD MEANING: “a formal statement or account given as evidence to support a fact or claim.”

A8.2. ONE WORD MEANING: “to engage in informal conversation, typically in a relaxed or friendly manner.”

BLOQUE B (Uso de la lengua)

Puntuación máxima: 3 puntos

Debe responder a las 6 preguntas de la opción escogida.

USE OF ENGLISH (3 points; 0.5 points each). CHOOSE OPTION 1 OR OPTION 2 AND ANSWER ALL THE QUESTIONS FROM THAT OPTION ONLY.

OPTION 1

REWRITE THE FOLLOWING SENTENCES WITHOUT CHANGING THE ORIGINAL MEANING. THE NEW SENTENCE MUST CLEARLY PRESENT A DIFFERENT LINGUISTIC STRUCTURE.

- BEGIN AS INDICATED OR USE THE WORD IN BRACKETS.
- THE WORDS PROVIDED MUST NOT BE CHANGED IN ANY WAY.

B1. I've never been to a more interesting city than London.

The most...

B2. If he doesn't wear a hat, he'll get sunburned.

Unless...

B3. Even though he had a good job, he wasn't happy.

In spite of...

B4. No foreign languages are required for this job.

(NEEDN'T)

B5. When I dance flamenco, I feel happy.

(MAKES)

B6. Vince's photographs are being shown at the exhibition.

They...

OPTION 2

REWRITE THE FOLLOWING SENTENCES WITHOUT CHANGING THE ORIGINAL MEANING. THE NEW SENTENCE MUST CLEARLY PRESENT A DIFFERENT LINGUISTIC STRUCTURE.

- BEGIN AS INDICATED OR USE THE WORD IN BRACKETS.
- THE WORDS PROVIDED MUST NOT BE CHANGED IN ANY WAY.

B7. If I were you, I would eat healthier food.

You had...

B8. The groom didn't buy the engagement ring because it was really expensive.

(SUCH)

B9. I was promoted in 2021.

2021 was the...



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B10. My brother asked me if he could borrow \$50 until the following Friday.
'Can...

B11. My parents will celebrate their twenty-fifth wedding anniversary in November.
By the end of the year, ...

B12. I wish you had met my Erasmus mates.
It's a pity...

BLOQUE C (Redacción)

Puntuación máxima: 3 puntos

Deberá realizar una redacción de un mínimo de 120 palabras de SOLAMENTE 1 de los dos temas propuestos.

WRITING (3 points)

C. WRITE A COMPOSITION OF AT LEAST 120 WORDS ABOUT ONE OF THE TOPICS PROPOSED AND FOCUS ON IT. CHOOSE **ONE TOPIC** ONLY:

C1. How do you balance work and rest in your daily routine?

C2. Do you think young people sleep enough nowadays? Discuss.