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# Daffodil International University

**Department of Software Engineering**
**Faculty of Science & Information Technology**
**Midterm Examination, Fall 2025**
**Course Code: ENG-101; Course Title: English-I**
**Sections & Teachers: A-P; MA, AAB, JR, NAT**

**Time: 1 Hour 30 Mins** **Marks: 25**

**Answer ALL Questions**

*[The figures in the right margin indicate the full marks and corresponding course outcomes. All portions of each question must be answered sequentially.]*

**Read the Passage Carefully and Answer the Questions that Follow:**

## The Science of Sleep

Every night, billions of people around the world close their eyes and drift into sleep. While it may seem like a simple act of rest, sleep is actually one of the most complex and essential processes in the human body. It allows the brain and body to recover, helps us remember information, and keeps our emotions balanced.Scientists have spent decades studying why sleep matters, and their discoveries reveal just how important those quiet hours really are.

When a person falls asleep, the body goes through several repeating stages, each with a special purpose. The first stage is light sleep, when breathing slows down and muscles begin to relax. The second and third stages are deep sleep, during which the body repairs tissues and builds energy for the next day. Finally, there is the REM (Rapid Eye Movement) stage, when most dreaming occurs. During REM sleep, the brain becomes very active, processing memories and emotions from the day. Together, these cycles repeat about four to six times during a full night's sleep.

Researchers have also discovered that sleep patterns vary with age and lifestyle. Babies and young children spend more time in deep and REM sleep because their brains and bodies are rapidly developing. Teenagers, on the other hand, tend to have a delayed sleep cycle, making them feel alert later at night. As people grow older, sleep becomes lighter and more easily disturbed. This variation shows that sleep needs are not the same for everyone, but all humans share the biological requirement for rest and renewal.

In addition to biological factors, cultural habits also influence how people sleep. In some countries, short naps or "siestas" in the afternoon are a normal part of daily life, helping workers recharge their energy. In others, long working hours and social obligations often push bedtime later into the night. Technology and global connectivity have further blurred the line between work and rest, leading many to sacrifice sleep for productivity. These cultural patterns reveal how modern society often undervalues rest, despite its proven role in sustaining mental and physical health.

Sleep affects nearly every part of human health. Physically, it strengthens the immune system, regulates hormones, and helps maintain a healthy weight. Mentally, it improves concentration, decision-making, and creativity. Students who sleep well often perform better on exams, while people who miss sleep regularly may struggle with memory and focus. Long-term sleep deprivation can even increase the risk of serious health issues such as heart disease, diabetes, and depression.

Modern life, however, makes good sleep harder to achieve. Many people spend late hours looking at

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screens, which emit blue light that tricks the brain into staying awake. Busy schedules, noise, and stress also interfere with natural sleep patterns. Teenagers and young adults, in particular, often stay up late and wake up early, creating a "sleep debt" that builds up over time. In cities around the world, millions of people report sleeping less than the recommended seven to nine hours per night.

Scientists and doctors suggest several ways to improve sleep. Creating a relaxing bedtime routine can help the body recognize when it's time to rest. Avoiding caffeine and screens before bed, keeping the room dark and quiet, and going to sleep at the same time each night all support healthy sleep habits. Exercise during the day also helps the body fall asleep more easily at night. Even small changes in daily routine can make a big difference in sleep quality.

Sleep is not a waste of time — it is an investment in health, happiness, and productivity. Just as the body needs food and water, it also needs rest to survive. In a world that never seems to stop moving, sleep reminds us that sometimes the best way to move forward is to slow down. A good night's rest, though often overlooked, may be one of the most powerful tools for a better life.

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| **1.** | ***a)*** | **Classify** the following statements as True/False/Not Given based on your reading of the passage.<br><br>i. Sleep is a period when the brain is completely inactive.<br>ii. Blue light from screens is the only factor interfering with modern sleep patterns.<br>iii. Deep sleep is primarily responsible for improving concentration and creativity.<br>iv. Adults should aim to get more than nine hours of sleep per night.<br>v. People who exercise during the day find it easier to fall asleep at night. | **[4x1=4]** | **CLO-3**<br>***Level- C4*** |
| | ***b)*** | **Complete** the flowchart below with information from the passage. Don't write **MORE THAN TWO WORDS** for each answer.<br><br>**Stages of Sleep**<br><br>Light Sleep<br>↓<br>**(i).** _____ and muscles begin to relax<br>↓<br>Deep Sleep<br>↓<br>Body repairs tissues and builds **(ii).** _____<br>↓<br>Most dreaming occurs in the **(iii)**_____<br>↓<br>In REM stage, the brain is **(iv).**_____; brain processes memories and<br>**(v).** _____<br>↓<br>Cycle Repeats<br>↓<br>About **(vi).** _____ times in a full night's sleep | **[6x0.5=3]** | |

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| 2. | a) | **Identify** an appropriate article (a/an/the/put cross for no article) to fill in the gaps.<br><br>Last weekend, I visited (i) __ National Science Museum for the first time. I started my tour in (ii) ___ space exhibit, where I saw (iii) ___ replica of (iv) ___Apollo 11 spacecraft. Later, I joined (v) ___workshop on robotics and built (vi) _small robot with (vii) _help of friendly instructors. During my break, I bought (viii) __souvenir from (ix) __ museum shop and enjoyed (x) ____cup of hot chocolate at a nearby café. | [10x0.5=5] | CLO-1<br>*Level- C1* |
| | b) | **Match** the subjects of the following sentences with their correct form of verbs in the brackets.<br><br>i. The chef _____(prepare) the special menu before the guests arrived.<br>ii. Lightning _____(strike) the tallest trees during the storm.<br>iii. Ten kilometers _____(seem) like a long run for beginners.<br>iv. The principal and the teachers usually _____(organize) the annual school events.<br>v. Japan _____(have) many beautiful cherry blossom gardens. | [5x1=5] | |
| 3. | | **Construct** a paragraph on the following topic<br><br>Your Favorite Tourist Spot<br><br>Or<br><br>Your Last Trip | [1x8=8] | CLO-4<br>*Level- C3* |

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