

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

The sheets are damp with sweat. You're cold, but your heart is racing as if a killer just chased you down a dark street. It was just a nightmare, you tell yourself; there's nothing to be afraid of. But you're still filled with 26 .

Given how unsettling and haunting nightmares can be, is there a way for dreamers to 27 , or even turn off, these bad dreams as they happen?

Research is 28 , but some studies suggest that people who can master lucid dreaming—that is, the ability to be 29 that a nightmare is happening and possibly even control it without waking up—may hold the 30 .

Nightmares are part of the human experience, especially for kids. Doctors 31 don't consider occasional nightmares a problem. They can just be symptoms of a sleep disorder that can 32 from an unpleasant experience, stress, or certain drugs.

To treat the disorder, there are a number of medicines and therapies that are backed by 33 research, according to the American Academy of Sleep Medicine, which analyzed the available research on the treatment of nightmare disorder in a recent 34 published in the Journal of Clinical Sleep Medicine.

However, nightmares are complicated, and researchers are still struggling to understand them, said Dr. Rachel Salas, an expert on sleep disorders and an associate professor at Johns Hopkins Medicine in Baltimore. What we do know is that people 35 to have different kinds of nightmares at different points during the sleep cycle.

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| A) amount | I) mechanical |
| B) answer | J) result |
| C) avoid | K) review |
| D) aware | L) rigorous |
| E) depart | M) tend |
| F) drastically | N) timidity |
| G) fear | O) typically |
| H) limited | |