

## Reading: Uncontrollable Sleep

# Key

### Scanning Questions

1. What is hypocretin? **a chemical in the brain that normalizes sleep**
2. What is hypersomnia? **constant drowsiness**
3. What is another name for hypnagogic hallucinations? **vivid nightmares**
4. What is the full name for an ECG? **electrocardiogram**
5. What is the full name for an EEG? **electroencephalogram**
6. What is an MSLT? **multiple sleep latency tests**
7. What type of drug is Ritalin? **a stimulant**
8. What type of drug is Prozac? **antidepressants**

### Comprehension Questions:

- 1) How does this essay begin?
  - a) with a detail
  - b) with an anecdote (lines 1-6)**
  - c) with a statistic
  - d) with a definition
- 2) Narcolepsy is a disorder of the
  - a) nerves (line 8)**
  - b) blood
  - c) brain
  - d) legs
- 3) Narcolepsy is hereditary.
  - a) true (lines 9)**
  - b) false
- 4) Hypocretin is a likely cause of narcolepsy.
  - a) true
  - b) false (lines 10-11)**

- 5) Hypersomnia affects the muscles.  
a) true  
**b) false (lines 16-18)**
- 6) Which of the following symptoms do not affect the muscles?  
a) sleep paralysis  
b) cataplexy  
**c) hypnagogic hallucinations (lines 19-21)**  
d) seizure-like tremors
- 7) Which of the following is not mentioned as a means of diagnosing narcolepsy?  
a) an ECG **(line 28)**  
b) an EEG **(line 29)**  
c) sleep studies **(line 31)**  
**d) a sleep journal**
- 8) Drugs like Ritalin reduce brain activity, thus reducing sleep-affecting symptoms.  
a) true  
**b) false (line 37)**
- 9) Which is not a lifestyle change that could help manage narcolepsy?  
**a) taking up smoking**  
b) taking naps **(line 42)**  
c) getting eight hours of sleep a night **(line 43)**  
d) eating lighter meals **(lines 44-45)**
- 10) Narcolepsy is curable in most cases.  
a) true  
**b) false (lines 46-48)**
- 11) What does “prominent” in line 17 mean?  
**a) distinguished**  
b) hidden  
c) long  
d) prolonged
- 12) What does “drowsiness” in line 17 mean?  
a) awake  
b) dreaming  
c) wakefulness  
**d) sleepiness**
- 13) What does “accompany” in line 25 mean?  
a) relate to  
**b) occur with**  
c) treat  
d) make worse

- 14) What does “perpetual” in line 44 mean?
- a) endless
  - b) short
  - c) awful
  - d) confusing
- 15) What does “urge” in line 45 mean?
- a) want
  - b) need
  - c) strong desire
  - d) tends