

## Functional Skills Level 2 ENGLISH

Paper 1 Reading

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### Insert

The three sources that follow are:

**Source A:** a review article

**Source B:** an extract from an online medical site

**Source C:** an advice leaflet

**Please open the Insert fully  
to see all three sources**

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## Source A

Calm is a mindfulness and meditation app available for mobile, tablet and desktop. Calm offers an array of stress-relieving tools and techniques to help you reset, reduce anxiety, and be still in your moment.



Once inside the app, you can set your own calming scene and soundscape by choosing one of almost 40 peaceful nature settings and over 200 soundtracks. Simply listen to the sounds of a flowing river, garden rain, tropical beach, crackling fireplace – whatever helps you feel at ease.

Sleep is vital for mental and physical health and impacts every part of the body.

**Sleep stories:** If you struggle with falling asleep or staying asleep, play a sleep story of approximately 15 to 45 minutes. The stories are designed to help focus and quiet your mind so you can drift off into peaceful, restorative slumber. Narrators include Stephen Fry, Joanna Lumley and Jerome Flynn from Game of Thrones.

### **Review** by Lydia Willgress

Open the Calm app and you'll immediately be greeted with the gentle sound of the outdoors; (you can change it to rolling waves, pouring rain, crackling firewood or crickets).

There are also several new sleep stories, read by narrators such as Harry Styles, Idris Elba and Cillian Murphy. We got a childish pleasure out of these and found they helped us unwind in the evenings, bringing back joyful memories of being read a bedtime story. Some titles, such as 'Close Your Eyes Sleepy Paws', are especially suitable for children.

There's plenty of content and at just £28.99 for a subscription which lasts the whole year, that equals just under £2.50 a month.

## Source B



## Doctor's Orders: online consultation site

Please enter details of your enquiry below.

Dear Doctor, I'm very worried about my lack of sleep. Some nights I can't get off to sleep and sometimes I go to sleep then wake up about 2am then toss and turn for hours. The next day I'm grumpy and struggle to focus at work. I've tried sleeping pills bought online but they just make me feel like a zombie. What can I do?

Age: 42

Gender: Male

Waiting Room

Babies & Children

Prescriptions

Self-Certification

Vaccinations

### Doctor says:

Dear Patient

Very sorry to hear that you are experiencing sleep issues! One in three of us suffers from poor sleep, with stress, computers and overwork often blamed.

An occasional bad night is normal but several sleepless nights can cause brain fog and depressed mood. Constantly feeling tired can lead you to make bad decisions, making you more likely to have accidents. Sleep deprivation can also have detrimental consequences for your physical health. Regular poor sleep puts you at risk of serious medical conditions, including obesity and heart disease.

A solid night's sleep – most of us need around eight hours – is essential for a long and healthy life. A good night's sleep boosts immunity, helping us to fend off viruses. Leptin is a chemical which makes you feel full. People who sleep less than seven hours have less of this, so they tend to eat more. Therefore, a decent sleep can keep you slim! Linked to this is a reduced risk of Type 2 diabetes as sleep helps the body to process glucose. Good quality sleep can even help couples trying for a baby!

I'm sure we can help you to get more sleep!

*ACTION: We will make a doctor's appointment for a medical screening then you will be given advice on good sleep hygiene.*

**Source C****CAN'T SLEEP: WON'T SLEEP!**

Difficulty with sleeping is a common problem which we tend to associate with adults. But teens and children can suffer too. This advice sheet is aimed at teenagers but parents may also find it useful.

When you don't get enough sleep at night you can find yourself feeling sleepy during the day. This can impact on your school/college work and friendships due to lack of concentration and bad moods. Poor sleep can also make it difficult to cope with everyday life.



As it gets darker in the evening, our bodies produce melatonin, which signals it's time to sleep. Blue light from screens mimics daylight which inhibits melatonin production. This tricks our brains into thinking it's daytime so they keep us awake! So limit screen use in the bedroom, and switch your screens off an hour before bedtime.

Too much caffeine can stop you falling asleep and reduce the amount of deep sleep you get. So don't have caffeinated drinks like cola, tea and coffee after midday. Eating too much close to bedtime can lead to an overfull stomach. This can be a cause of discomfort during the night and may prevent sleep. So don't binge before bedtime!

The right sleeping environment is essential for good quality sleep. Keep your room dark, cool, quiet and comfortable, preferably with blackout blinds.

Although these tips are designed to encourage a good long sleep, that does not include weekend lie-ins! These can disrupt your body clock and make it harder to sleep when Monday comes around.



A minimum of eight to ten hours' good sleep on school nights is recommended for teens: choosing good sleep hygiene habits will set you up for a productive, contented and healthy life.

**END OF SOURCES**

**There are no sources printed on this page**

**Open out this page to see  
Source B and Source C**

**There are no sources printed on this page**

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