

REVIEW YOUR CRITICAL VERBAL REASONING PRACTICE TEST 3 ANSWERS

QUESTION (1)

All of the following aspects of sleep are discussed by the author in their second paragraph except for which one? There must be four answer options which are included in the second paragraph; leaving one answer option that is not mentioned. These four are highlighted in bold below:

Why did **(human sleep) (evolve)**? This second question is particularly puzzling, given that whenever an animal sleeps it is then at the mercy of any **(animal predators out hunting)**. It would be an enormous advantage for any animal to not have to sleep. Regardless of the **(hazards whilst asleep)**, every single type of animal species does sleep. So sleep must therefore bestow something vital. The unmentioned and therefore correct answer is answer options (c) **REM sleep**.

QUESTION (2)

Each of the following statements can be inferred from the passage except for which one? This is an example of an Inference type of critical thinking question. Taking each of the answer options one at a time:

a) *There are unanswered questions about sleep.*

There are several places in the passage from which it can be inferred that there is an unanswered question about sleep, including: *neuroscientific research now focuses on these two related questions... This second question is particularly puzzling... So sleep probably serves all these functions.*

b) **We spend more time working than sleeping.**

There is one indication given in the passage of how much time humans spend asleep; *... comparison of human activity in which we spend the highest proportion of our time is sleeping.* However, there is no comparison with the proportion of time spent working. Hence answer option (b) cannot be inferred from the passage and is, therefore, the correct answer.

c) *DNA has a double-helix structure.*

This is true according to the passage; *Francis Crick - who with Watson discovered the double helix structure.*

d) *REM sleep is one of the most important sleep stages.*

the passage mentions several facts highlighting the importance of REM sleep, including that this is when dreaming occurs. Hence this statement can be inferred from the passage.

e) *Both body and mind may be replenished during different sleep stages.*

this statement is referring to Crick theory (from the last paragraph); *non-REM sleep was to replenish the body, whilst REM sleep was to replenish the brain.* It can therefore be inferred from the passage.



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QUESTION (3)

Four of the answer options are described in the passage. By a process of elimination, the only one that isn't is **(c) Complete paralysis**. In fact, *during this dreaming REM phase that your body is paralysed - except for the eye muscles.*

QUESTION (4)

Which of the following possible explanations for sleep's evolution are not present in the passage? Taking each of the answer options one at a time to exclude each of those that are found in the passage:

- *a) It replenishes energy levels.*
This explanation is given in the passage; ... *use the regular downtime period of sleep to restore energy levels.*
- *b) It replenishes the body and the brain.*
This is given as a possible explanation in the passage; *refresh themselves by clearing out toxins.*
- *c) It allows sense to be made of the day's events.*
This explanation is given in two places within the passage; *this huge amount of data needs to be processed at night...* and later *piecing together an information jigsaw of that day's events to get clarity of the picture as a whole.*
- *d) It clears the brain of toxins.*
This is given as a possible explanation in the passage; ...*refresh themselves by clearing out toxins.*
- ***e) It keeps animals safe from predators.***
This is not mentioned specifically in the passage. In fact the opposite can be inferred from the passage. Hence (e) is the correct answer.

QUESTION (5)

Which of these is the best summary of the effects of cutting back on sleep?

(c) There is increased activity in the immune system's genes and cancer-related genes.

QUESTION (6)

The passage includes which one or more of the following facts about REM sleep? is a Comprehension type of verbal critical reasoning question. So, taking each of the answer options one at a time:



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- (a) *Not sleeping for a few days can slowly cause someone to die from exhaustion. The following describes this fact; ...sleep deprivation can result in death.*
- (b) *Neuroscience has failed to answer the most basic questions about sleep. The following describes this fact; ...neuroscientific research now focuses on these two related questions.*
- (c) **Non-REM and REM sleep tend to alternate.**
This fact is found in the following part of the passage; four stages of non-REM sleep in a typical sleeping cycle, with these regular cycles repeated up to five times a night.
- (d) *The Earth has been inhabited by animals for 3.5 billion years. The following describes this fact; Over the last 3.5 billion years on Earth's, animal species have evolved...*
- (e) *A typical human spends most of the 24-hour day-night cycle engaged in dreams. This fact is found in the first sentence of the passage; The human activity in which we spend the highest proportion of our time is sleeping.*

QUESTION (7)

*Which of the following is the most suitable replacement for the word "anomalous" within the context of the last sentence? This is an example of an Interpretation type of verbal critical reasoning question. The only option that comes close to the meaning of the word "anomalous" is **Atypical**.*