

Napping, or taking short periods of sleep during the day, is (1) ... basic human need. According to numerous studies, napping decreases tiredness and increases energy levels. Yet many people prefer to fight (2) ... tiredness rather than take (3) ... short sleep during the day.

(4) ... the majority of workers a nap in the afternoon increases productivity, creativity and problem-solving skills. One expert has called (5) ... a new part to the work day, a period called "nap time". People have coffee breaks, although what they really need is nap breaks.

Scientists, who study sleep patterns, say that "morning" people can benefit (6) ... a twenty minute nap around (7) ... noon, while "night owls" need a nap around three or four in the afternoon. The key is to find (8) ... what kind of nap you need and for how long.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (7).

- 1) a      2) an      3) the      4) -