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# Functional Skills Level 1

## ENGLISH

Paper 1 Reading

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### Insert

The three sources that follow are:

**Source A:** a conversation on an online doctor's website

**Source B:** a review of a sleep app

**Source C:** an information and advice sheet about sleep

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

## Source A



## Your Online Doctor

### PATIENT DETAILS

I'm really struggling to sleep. Some nights I lie awake for ages. Sometimes I go to sleep then wake up again and can't go back to sleep. The next day I'm fractious and can't do my work properly. I've bought sleeping pills online but they just make me feel dreadful.

What can I do?

Age: 42

Gender: Male

Waiting Room

Babies & Children

Prescriptions

Vaccinations

### Doctor says:

Dear Patient

I'm sure we can help you with this very common problem. One in three people suffers from poor sleep. It's often caused by stress, computers and overwork.

An occasional bad night's sleep is nothing to worry about. But frequent broken sleep can cause brain fog and poor concentration. Being overtired makes you more likely to have an accident. Poor sleepers are also more at risk of obesity and heart disease.

Most people need around eight hours of sleep every night. This will help your immune system to withstand viruses and bugs. We tend to eat less in the day if we have slept well at night. So a good night's sleep can keep you slim!

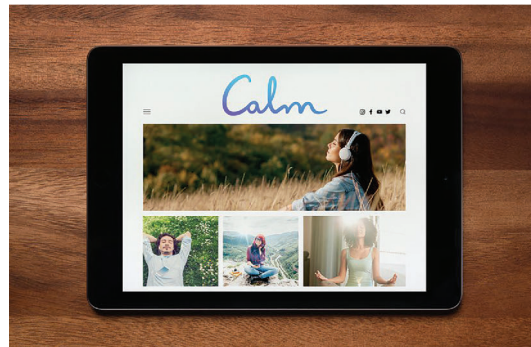
Let's try to help you sort your sleep out!

*ACTION: We will make an appointment for you to come into the surgery for advice on good sleep routines. Choice of male or female doctor available.*



**Source B**

Calm is an app which helps people with their mental health and quality of sleep. It has excellent ratings and is available for iOS, Android and desktop.



When you open the Calm app, you will be invited to take a deep breath. This is the start of your gentle, de-stressing experience. Calm offers soothing sounds and music to listen to as you work, relax, walk, or fall asleep. Sleep is vital for mental and physical health but many people struggle to sleep well. Calm includes sleep stories (between 15 and 45 minutes) which can help you to fall asleep.

### *Review by Anita Jones*

You can choose your own scene from almost 40 tranquil nature settings. Close your eyes and listen to more than 200 soothing soundtracks: a flowing river, garden rain, a tropical jungle or crackling fireplace. However, some users have reported problems with the volume of the recordings.

The sleep stories are designed to help quiet your mind so you can drift off peacefully and wake refreshed. But it seems not all the voices are soothing to listen to. You might recognise some of the narrators such as Idris Elba and Harry Styles.

Calm has a free version but the content is quite limited. The full product costs £28.99 per year, which some people find too costly.

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

“Teenagers are just idle and always sleeping!” So say many people. However, lack of sleep amongst teenagers is escalating.

Insufficient sleep at night can make you feel sleepy during the day. This can make it hard to concentrate. You might feel moody and irritable, which can affect friendships. Poor sleep can also make it difficult to cope with everyday life.

The good news is that creating better sleeping habits can help with sleep issues.



As it gets dark our brains prepare us for sleep. When we look at screens, their blue light tricks our brains into thinking it's daylight so they tell us to wake up! Therefore you should limit screen use in the bedroom. If possible, switch your screens off an hour before bedtime.

Coffee is delicious but caffeine too near to bedtime can stop you falling asleep and disrupt your deep sleep. So don't have caffeinated drinks like cola, tea and coffee after midday. Overeating close to bedtime can make you feel full and prevent sleep.

Your bedroom should be as dark as possible. Blackout blinds are especially helpful, or you could use a sleeping mask. A room which is too hot might have you tossing and turning so keep your bedroom cool with an open window.

“Everyone loves a long, lazy lie-in at the weekend!” says Sleep Scientist, Dr Amanda Gray. “But be careful, as these can disrupt your body clock and spoil your sleep rhythm.”



Use these tips to make sure you get at least eight to ten hours' good sleep every night!

**END OF SOURCES**

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

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