

Write your name here

Surname	Other names
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**Edexcel  
Functional Skills**

Centre Number

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Candidate Number

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**English**  
**Level 2**  
**Component 2: Reading**

18–22 March 2013 <b>Time: 45 minutes</b>	Paper Reference <b>E202/01</b>
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<b>You may use a dictionary.</b>	Total Marks
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**My signature confirms that I will not discuss the content of the test with anyone until the end of the 5 day test window.**

Signature: \_\_\_\_\_

**Instructions**

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Sign the declaration.
- Answer **all** questions.
- Answer the questions in the spaces provided – *there may be more space than you need.*

**Information**

- The total mark for this paper is 25.
- The marks for **each** question are shown in brackets – *use this as a guide as to how much time to spend on each question.*

**Advice**

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►



**SECTION A**

Read Text A and answer questions 1 - 6.

**Text A**

You read the following article:

**Sleepy Heads?**

**By William Shaw**

The last few years have seen a flood of research about the side effects of too little sleep. Moodiness, irritability and short tempers are some of the symptoms related to sleep deficiency and irregular sleeping patterns. Experts believe that teenagers in particular suffer the most from lack of sleep.

Research carried out by the Institute of Sleep Studies shows that teenagers on average get only four to seven hours' sleep each night. What's more, often these hours are irregular or broken.

As Dr Catherine Sagar, Head of Research at the Institute, explains, 'Sleep is as important as food and water. Teenagers need nine to ten hours of unbroken sleep a night. A good night's sleep has a positive and calming effect, which results in fewer mood swings. Unfortunately, only fifteen per cent of teenagers do get enough sleep.'

So what can we do to encourage teenagers to get more sleep?

Jennifer Sadler, mother of two teenagers, says, 'Teenage lifestyles make it difficult to fit in something as boring as sleep. Teenagers take their laptops and mobiles to bed with them. They are sending and receiving text messages at all hours and often fall asleep with a phone in their hand, only to be disturbed later by the bleeping of yet another message!'

As social lives blossom and academic pressures build, making time for sleep is obviously not a priority for this age group. There is little point asking them not to use technology in their bedrooms but could parents agree a time when TVs, laptops and mobiles can be switched off? Could gentle persuasion help turn a bedroom back into a place for more sleep and rest?

I think convincing teenagers of the benefits of more sleep is not an impossible dream.

1 What is the **main** purpose of Text A?

You do **not** need to write in sentences.

.....

.....

(Total for Question 1 = 1 mark)

**Answer questions 2 to 3 with a cross in the box . If you change your mind about an answer, put a line through the box  and then mark your new answer with a cross .**

2 According to Text A, what percentage of teenagers get the right amount of sleep?

- A 7 %
- B 9 %
- C 10 %
- D 15 %

(Total for Question 2 = 1 mark)

3 According to Text A:

- A teenagers need four to seven hours of unbroken sleep
- B teenagers need four to seven hours of broken sleep
- C teenagers need nine to ten hours of unbroken sleep
- D teenagers need nine to ten hours of broken sleep

(Total for Question 3 = 1 mark)

4 According to Text A, give **two** reasons why teenagers may not get enough sleep.

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

(Total for Question 4 = 2 marks)

5 Place a tick in the correct column for **each** of the six statements to show which are presented in Text A as facts and which are presented as opinions.

	Fact	Opinion
Sleep is as important as food and water.		
Sleep is not a priority for teenagers.		
Short tempers are related to sleep deficiency.		
Research has been carried out by the Institute of Sleep Studies.		
Sleep is boring.		
Sleep has a positive and calming effect.		

(Total for Question 5 = 3 marks)

6 From your reading of Text A, give **two** ways the writer tries to influence the reader.

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

(Total for Question 6 = 2 marks)

**TOTAL FOR SECTION A = 10 MARKS**

**SECTION B**

Read Text B and answer questions 7 – 11.

**Text B**

You read this fact sheet at your local health centre.

**Good night**

Most people don't realise how important sleep is. Those who sleep well are generally in better health than those who do not sleep well or have difficulty sleeping.

Here are some answers to some common questions.

**How do I know if I am getting enough sleep?**

Most adults need *seven to eight hours of quality sleep* every night. Identify how much sleep you need by thinking about how you feel when you wake up. After a good night's sleep thoughts are clear and you feel refreshed. If you wake up feeling tired and irritable, it means you didn't have enough sleep. But don't worry, you can do something about it.

**How can I improve my sleep?**

Quality of sleep is as important as quantity of sleep. Feel less tired and improve your quality of sleep by changing your bedtime routine to one that is more regular and relaxing. This will prepare your brain and body for bed and promote a restful sleep. Today's fast-paced world makes us tense and interferes with our ability to sleep well. Allow yourself time to unwind from the stresses of the day and reach a calming state of relaxation to make it easier to fall asleep.

**What helps a good night's sleep?**

- A soak in a warm bath helps you fall asleep faster. Improve the effect by using bath oils or scented candles with calming properties.
- Relaxing activities such as breathing exercises or yoga can lower stress levels and calm your body and mind.
- Certain foods and drinks have positive effects on sleep. A warm, milky drink or a light snack may help you to feel sleepy.

Good sleeping habits and establishing a simple but effective bedtime routine are key to feeling fully energised, fit and healthy.

7 What is the **main** purpose of Text B?

You do **not** need to write in sentences.

.....  
.....

(Total for Question 7 = 1 mark)

8 Give **three** features of Text B, **apart from paragraphs**, that help to convey information.

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

3 .....

.....

(Total for Question 8 = 3 marks)

9 From Text B, give **two** benefits of sleeping well.

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

(Total for Question 9 = 2 marks)

10 According to Text B, what drink is suggested to help you feel sleepy?

You do **not** need to write in sentences.

.....  
.....

(Total for Question 10 = 1 mark)

11 Your friend does not sleep well.

Using Text B, what **three** pieces of advice about how to sleep well would you give your friend?

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

3 .....

.....

(Total for Question 11 = 3 marks)

**TOTAL FOR SECTION B = 10 MARKS**



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## SECTION C

Read Text C and answer questions 12 – 14.

**Text C**

You read the following website.

The screenshot shows a web browser window with the address bar displaying 'www.best\_beds.web'. The browser has a menu bar with 'File', 'Edit', 'View', 'Favourites', 'Tools', and 'Help'. Below the menu bar is a search bar and a home button. The main content area is divided into three sections, each with a heading and a paragraph of text, followed by a link to further details.

### The Backcare Super

This bed is great for your back and doesn't cost an arm and a leg! With a high-grade pocket spring system, this bed provides all the comfort you need. Each spring moves independently so the support is just where you need it. The hand-tufted mattress offers a firmer feel for those who prefer extra support. If you are looking for a bed that has all the features for a good night's sleep and packs a lot of luxury into a very small price, then this is the bed for you. It comes with a three-year guarantee. Free delivery and assembly.

click [here](#) for further details

### The HeavenSent

This bed is designed to offer the best possible sleeping experience. The mattress is made from layers of the finest quality natural fillings. These are specially chosen and expertly blended. The cover is made from the softest fabric to add a luxurious feel. The hand-stitched sides provide extra support and prolong the life of the mattress. It is hypo-allergenic and completely safe for sufferers of allergies and asthma. The individual pocket springs add extra comfort allowing you to sleep peacefully. This is a bed for those who want to feel special. Free removal of old bed.

click [here](#) for further details

### The BedExec

The BedExec is the latest in memory foam technology. It is made from breathable fibres and planet-friendly materials. The special memory foam moulds to the shape of your body to ensure support and comfort. The bed is recommended by healthcare professionals for those suffering back pain and in need of additional support. Its clever design reduces stress on pressure points and prevents tossing and turning so you can enjoy a restful and better quality night's sleep.

The mattress comes with a 10-year special foam guarantee and next day delivery.

click [here](#) for further details

100 %

**12** A friend is looking for a firm mattress that is not too expensive.

Which bed is most suitable?

Remember to give the name of the bed in your answer.

You do **not** need to write in sentences.

.....

.....

**(Total for Question 12 = 1 mark)**

**13** A member of your family needs a bed which will give special back support and can be delivered quickly.

Which bed is most suitable?

Remember to give the name of the bed in your answer.

You do **not** need to write in sentences.

.....

.....

**(Total for Question 13 = 1 mark)**

**Question 14 begins on the next page.**

**14** Consider the information provided in Text C. Based on the information, which bed would you choose?

Give **three** reasons. Your reasons **must** refer **only** to the chosen bed.

Remember to give the name of the bed in your answer.

You do **not** need to write in sentences.

Name of bed

Reason 1

Reason 2

Reason 3

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**(Total for Question 14 = 3 marks)**

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**TOTAL FOR SECTION C = 5 MARKS**  
**TOTAL FOR PAPER = 25 MARKS**