Greenridge Sec
Prelim 2020
English Paper 2

INSERT
Section A

Text 1

Study the webpage below and answer Questions 1-4 in the Question Booklet.

Welcome to Oxfam in Asia

OXFAM

The Power of People against Poverty

Search Oxfam in Asia

Contact us | Where we work

Who we are | What we do | Take Action | Publications

Home › Take Action › Bangladesh Rohingya Refugee Crisis

Donate to Oxfam's Rohingya Refugee Crisis Response

- Fight to End Extreme Inequality
- Protect The People Who Grow Our Food
- Say Enough to Violence Against Women and Girls
- Find an event

So far Oxfam has reached over 180,000 people. You can help us scale up our response.

Bangladesh Rohingya Refugee Crisis



Half a million more Rohingya people have crossed over to Bangladesh. This unprecedented number of refugees arriving in a very short space of time has caused a large scale and escalating humanitarian crisis. Twenty nine percent of all refugees are children. Oxfam is responding, but we need your help.

Existing and newly-built camps are insufficient to deal with the new influx of refugees. More than 70% of them do not have access to safe drinking water. Oxfam had installed 100 water pumps but these are hardly sufficient. The refugees also need shelter. Recent rains have caused flooding and risk of mudslides in some of the existing makeshift settlements.

In total more than a million people - recent arrivals, long-term refugees and host communities - are in critical need.

We are working with the government and other agencies to make sure that new refugee camps meet humanitarian standards for the delivery of aid. We are particularly concerned that adequate attention is given to the protection of women and girls.

Your Donation Counts

Please donate to the Oxfam Emergency Fund now!



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Section B

Text 2

The text below describes the experience of a commander of an Allied convoy during World War II. Read it carefully and answer Questions 5-13 in the Question Booklet.

1 Commander George Krause of the United States Navy looked out into the sea. The line where the watery sky met the grey sea was not well defined; it was as if the cheerless clouds grew denser out towards that circle until at the final meeting, all the way round, there was not an abrupt transition, but a simple mingling of twin elements. Beyond the circle, in every direction, the sea extended for a thousand miles, and beneath it the water was two miles deep; neither figure was easily to be grasped by the imagination, although acceptable as an academic fact. Two miles below lay the sea bottom, darker than the centre of the longest and darkest tunnel ever built by man, under pressures greater than any ever built up in factory or laboratory, a world unknown and unexplored, to be visited not by men but perhaps by their dead bodies encased in and made part of the iron coffins of their crushed-in ships. And the big ships, to insignificant man so huge and so solid, sank to that sea bottom, to the immemorial ooze in the relentless darkness and cold, with no more ado or stir than would be caused comparatively by specks of dust falling on a ballroom floor.

2 Now, standing in front of the mirror in his cabin, Krause - captain of the destroyer ship *Keeling* - was almost all dressed after his shower. However, all the dressing with the day far advanced, was a distortion of the proper order of things caused by the exigencies of war. Krause, an American officer whom the circumstances of war had systematically tossed into the command of an Allied convoy, could never be at ease. Krause had already been on his feet for three hours earlier. He had gone to the bridge of the ship in the darkness, ready for the crisis that dawn might bring, and he stood there as the blackness of the night turned slowly into the grey of dawn, with his ship and his men braced for action. With full daylight, the ship was secured and Krause briefly retired to his cabin. As he was about to reach out for his sweater, the final garment he had planned to put on, he heard the voice of Lieutenant Carling booming from the voice tube of the bell in his cabin. Lieutenant Carling had taken over the deck when Krause left it.

3 "Captain to the bridge, sir," said Carling. "Captain to the bridge, sir."

There was an urgency in the voice. Krause's hand changed its objective. It snatched, not the sweater, but the uniform coat dangling on its hanger. He plunged for the bridge. Seven seconds elapsed between the time when the bell sounded its note to the time when Krause entered the pilothouse. He did not have another second to look around him.

Carling shared that Harry had made a contact with an enemy destroyer. This caused Krause to spring to the radio telephone – the TBS, the "Talk Between Ships".

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4 "George to Harry. George to Harry. Go ahead."

Krause was updated on the situation of HMS *James*, the British destroyer ship that disguised itself as Harry in the TBS code. *James* had encountered the German U-boat and was requesting for permission to attack.

5 "Permission to attack." Three words and they posed a problem of enormous complexity to Krause who was commanding the Allied convoy. A score of factors had to be correlated – and to which a solution had to be found in as few seconds as possible. A contact had been made. It was possible that the U-boat might be killed. The killing of the U-boat would be a substantial success in itself. And the consequences might be more important still. If that U-boat were allowed to depart unharmed, she could surface, and by her radio she could inform German U-boat headquarters of the presence of the Allied convoy ships in the Atlantic. This would make the Allied convoy ships the targets for U-boat torpedoes. If she were destroyed, nothing of this could happen.

6 "Still making contact, sir," squawked the telephone.

It was twenty-four seconds since Krause had arrived on the bridge, fifteen seconds since he had been confronted with the complex problem in its entirety. It was fortunate that during hours on the bridge, during hours solitary in his cabin, Krause had thought deeply about such problems. His mind continued to be hard at work as the seconds ticked. What would the captain of the *James* think of him if he refused permission to attack? What would the seamen in the convoy think of him if other U-boats got in through the screen so dangerously attenuated by that permission? Gossip flies rapidly in an armed service too; seamen can talk even in wartime until their complaints reach the ears of their governments. Allied goodwill depended to some extent on his decision; and upon allied goodwill depended ultimate victory and the freedom of the world. Krause had envisaged these aspects of his situation, too, but in the present case they could not affect his decision.

"Permission granted," he said.

(Adapted from 'Greyhound' by C.S. Forester)

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Section C

The article below discusses the new perspectives on sleep. Read it carefully and answer Questions 14-19 in the Question Booklet.

1 Hardly a day goes by without some new story about sleep in the papers, on television or in our news feed. Sleep experts broadcast their advice and opinions as if some new philosopher's stone has been found, and sleep books now grace both bestseller lists and bedside table. Adverts for mattresses, once a rarity, now regularly punctuate commercial breaks with the global sleep aid industry reaching an estimated revenue of $76 billion. The media now instructs us on how and when we must sleep. Whereas a few decades ago there were only a handful of sleep disorders that one could suffer from, today there are more than seventy. Today, sleep is not only presented as a problem solved, but as the road to one's own personal salvation. Like so many other aspects of human life, sleep has also now become a commodity, which we are desperate to acquire and never quite sure of possessing.

2 The goal, apparently, is to have a block of unbroken sleep. This idea is most probably a recent invention because it was discovered that the basic form of human sleep prior to the mid-19th Century was biphasic. Humans would have a first and then a second sleep. Although the times for starting the first and second sleeps would shift historically and geographically, the biphasic pattern was more or less constant.

3 By the mid-1800s, references to the two sleeps were on the wane and consolidated sleep was becoming the norm. Historians first linked this to the rise of artificial lighting, as gas and then electrical lighting were to replace the oil lamps that had appeared on city streets in the 17th Century. Artificial lighting opened up new possibilities in human activities, and encouraged and facilitated later bedtimes. Social and economic dimensions were soon added to this account. There were changes in how work was understood and the rise of shift work and scheduling led to life being organised in different ways. With new technologies invented, production processes also changed and this impacted the way people functioned at work and how they managed their personal lives. Essentially, the concept of time management and notions of a work "ethic" that was suited to industrial capitalism all helped to create the model of a consolidated sleep.

4 Today, there is some controversy over these claims, but interrupted sleep was clearly far less of a problem in the past than it is now, with medical and lay texts focusing more on difficulties in falling asleep than on waking in the middle of the night - until relatively recently. When we wake up at night, we can possibly take comfort in the fact that biphasic sleep has for centuries been the rule and not the exception. However, we would be up against the relentless barrage of sleep hygiene that warns of an early grave if we do not sleep through. How are we supposed to navigate a broken night once we learn that sleep will protect us from cancer and dementia, lower the risk of heart disease, stroke and diabetes, and make us happier, less anxious and less depressed? The fear of not achieving our eight hours of sleep would already have a dramatic effect on sleep itself. Individual variability and changes of sleeping habit are now often depicted as hazards, with "Science" continually invoked to tell us what is right and what is wrong with our efforts.

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5 Just as we are both evaluated and pushed to self-evaluate in so many other areas of our life, so now sleep itself becomes the first point of our daily review. We wake up not simply to worry about the tasks of the day but, first of all, to assess whether we have had our required hours and then, inevitably, worry about the consequences of our failure. The new sleep books capitalise on our sense of guilt. Insisting on perfect sleep and turning it into a task to be performed is yet more fuel to this failure.

6 With the aspiration to become "well-slept" individuals, we see a wholesale redrafting of social problems as individual ones. Sleep deprivation becomes the culprit for everything. To some sleep book writers, sleep-deprived workers are seen as not only less productive economically but more deviant and more likely to lie, blaming others for their errors and taking credit for other people's work. However, there are anthropologists who have also pointed out that these symptoms are the very conditions of modern life, and indeed, of life as it has been lived for centuries. The sleep industry needs a reality check here. In a world of massive job insecurity, long commutes, economic uncertainty and the pressure to maintain a positive image, we cannot be expected to always sleep well. We should not be blaming ourselves and our mattresses, allowing ourselves to be duped in this latest chapter of marketing the human condition.

(Adapted from 'Wake Up' by Darian Leader)

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Name:	Class:	Mark:

Section A [5 marks]

Refer to the webpage (Text 1) on page 2 of the Insert for Questions 1-4.

1 *The Power of People against Poverty*

Based on this text, how does Oxfam want people to exercise their power against poverty?

_____

_____ [1]

2 With reference to one example in the text, explain why Oxfam provide statistics on this webpage.

_____

_____ [1]

3 Refer to the section headed **Your Donation Counts** and look at the photograph provided. How does the photograph illustrate **two** of Oxfam's goals to alleviate the Rohingya Refugee Crisis?

_____

_____

_____

_____ [2]

4 Quote the sentence that tells us Oxfam is part of a global network of organisations collaborating to deliver humanitarian aid.

_____

_____ [1]

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Section B [20 marks]

Refer to Text 2 on pages 3-4 of the Insert and answer questions 5-13.

5 At the beginning of the text, the writer describes Krause looking at the Atlantic sea. Explain how the language used in Paragraph 1 indicates the eerie mysteriousness of the bottom of the sea.

Support your ideas with three details from Paragraph 1.

_____

_____

_____

_____

_____

_____

_____

_____ [3]

6 From Paragraph 2, give **two** of Krause's actions that seemed to be at odds with the circumstances that he was in.

(i) _____

_____ [1]

(ii) _____

_____ [1]

7 "Krause, an America officer whom the circumstances of war had systematically tossed into the command of an Allied convoy, could never be at ease." (lines 18-19)

What is unusual and effective about the phrase "systematically tossed" as used here?

(i) It is unusual because _____

_____ [1]

(ii) It is effective because _____

_____ [1]

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8 From Paragraph 3, state **two** ways how the writer tries to emphasise the urgency of the situation. Support your response with details from the paragraph.

(i) _____ [1]

(ii) _____ [1]

9 "A contact had been made." (lines 41-42)

Explain with evidence what Krause understood of *James*' situation based on this line.

_____ [1]

10 "If that U-boat were allowed to depart unharmed, she could surface, and by her radio she could inform German U-boat headquarters of the presence of the Allied convoy ships in the Atlantic." (lines 44-46)

Based on these lines, state what we can infer about the U-boat:

(i) its unique characteristic as a boat

_____ [1]

(ii) the role it performed in the war

_____ [1]

11 With reference to the **details in Paragraph 6**, explain **two** ways how the writer achieves the following effects:

(i) enables the readers to understand Krause's inner thoughts

_____ [1]

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(ii) creates emphasis on the preparation that Krause had made for his job

_____

_____ [1]

12 From Paragraph 6, quote the best evidence that shows the following aspects of Krause's character:

(i) forward thinking

_____

_____ [1]

(ii) resolute

_____

_____ [1]

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13 The structure of the text reflects the main character's situation as he went through the events of the day. Complete the flow chart by choosing one word from the box to summarise the situation described in each part of the text. There are some extra words in the box you do not need to use.

Main Character's situation

exploring the climatic changes	alerted to the call of duty
deliberating on the command to issue	tracking the timing of events
operating in unknown conditions	presented with a difficult decision
contacting the enemy ship	

Flow chart

Paragraph 1 (i) _____

↓

Paragraph 2 (ii) _____

↓

Paragraphs 3-4 (iii) _____

↓

Paragraphs 5-6 (iv) _____

[4]

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Section C [25 marks]

Refer to Text 3 on pages 5-6 of the Insert and answer questions 14-19.

14 "Hardly a day goes by without some new story about sleep in the papers, on television or in our news feed." (lines 1-2)

(i) What point is the writer making here by referring to the papers, television and news feed?

_____ [1]

(ii) Quote another sentence in Paragraph 1 where the writer attempts to make the same claim.

_____ [1]

15 "Today, sleep is not only presented as a problem solved, but as the road to one's own personal salvation. Like so many other aspects of human life, sleep has also now become a commodity, which we are desperate to acquire and never quite sure of possessing." (lines 8-11)

Which words or phrases in the given sentences correspond with the following descriptions?

Descriptions	Word or phrase from the given sentences
(i) preservation	
(ii) seriously in need of	

[1]

[1]

16 Explain **in your own words** why uninterrupted sleep is said to be something that is newly created.

_____ [2]

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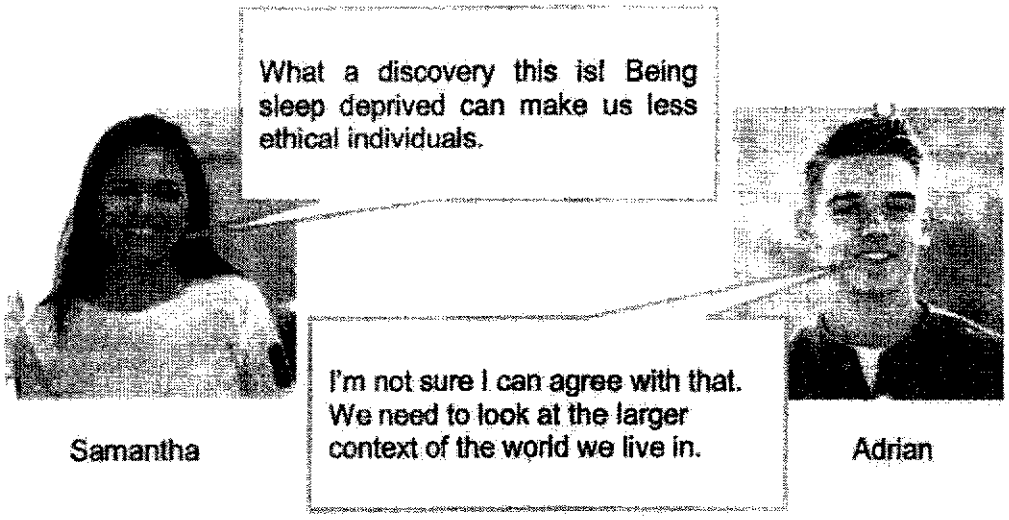
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17 Pick out the evidence in Paragraph 2 that shows the writer's awareness of the impact of a change in era and locality on sleep.

_____

_____ [1]

18 Here is a part of a conversation between two students, Samantha and Adrian, who have read the article.



(i) Give the details in Paragraph 6 that Samantha can use to support her view.

_____

_____ [1]

(ii) **Explain** how Adrian can support his view with reference to the evidence from Paragraph 6.

_____

_____

_____

_____ [2]

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19 **Using your own words as far as possible,** summarise what led to the change in our biphasic sleep pattern and why uninterrupted sleep is becoming a challenge to achieve in today's world.

Use only information from Paragraphs 3-5.

Your summary must be in continuous writing (not note form). It must not be longer than **80 words** (not counting the words given to help you begin).

Our biphasic sleep pattern went through a change over time

No of Words [15]

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Answer Scheme

Section A [5 marks]

Refer to the webpage (Text 1) on page 2 of the Insert for Questions 1-4.

1 *The Power of People against Poverty*

Based on this text, how does Oxfam want people to exercise their power against poverty?

Oxfam wants people to donate to Oxfam Emergency Fund. [1]

(Award the 1 mark only if candidates are able to identify clearly the action of donating to Oxfam.)

2 With reference to one example in the text, explain why Oxfam provide statistics on this webpage.

*Must quote one form of statistics from the visual text.
It wants to <u>show / convince</u> the readers by <u>providing credible evidence.</u>

Candidates may refer to any ONE of the following examples: [1]

- **"<u>Half a million</u> more Rohingya people have crossed over to Bangladesh" – This convinces the readers that the Rohingya refugee crisis is huge / massive with the evidence of the statistics.**
- **"So far Oxfam has reached <u>180,000 people</u>"- This convinces the readers that Oxfam has been able to make an impact with the evidence of the huge number of people it has reached.**
- **"More than <u>70% of them</u> do not have access to safe drinking water" - This convinces the readers that a large number of the Rohingya refugees do not have water to survive/statistic emphasises the severity of the situation/suffering**
- **"Oxfam had installed <u>100 water pumps</u> but these are hardly sufficient" – This convinces the readers that Oxfam has been working hard to help the refugees and need to do more with their generous donations.**

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(Award the 1 mark only if candidates are able to explain how the statistics convinces the readers with reference to any of the examples above.)

3 Refer to the section headed **Your Donation Counts** and look at the photograph provided. How does the photograph illustrate **two** of Oxfam's goals to alleviate the Rohingya Refugee Crisis?

***Students are awarded marks in these ways:**
(i) 1m for correct description of photograph, 1m for correct identification of two Oxfam's goals i.e. water supply & concern for children
(ii) 1m for correct description of photograph and relevant Oxfam goal (i.e. water), another 1m for correct description of photograph and relevant Oxfam goal (i.e. shelter).

[2]

The photograph shows a girl drinking water from a glass and another child bathing with water. [Award 1 mark] This illustrates Oxfam's goals of enabling the refugees to have water to drink and for other essential uses. It also illustrates Oxfam's concern for children affected by the crisis. [Award 1 mark]
(In describing the key details of the photograph, candidates need to draw attention to the children and the essential uses of water. These details must be linked to Oxfam's concern that the refugees have the water supply they need to survive and that children are taken care of.)

Alternative answer:
At the background of the photograph, there are poor quality settlements/houses are placed close to each other/dry lands unsuitable for living. Hence, this shows Oxfam's goal to provide proper shelters to protect the refugees from problems of flooding and mudslides due to heavy rains. [Award 1 mark]

X general description of photograph
X goal is to meet humanitarian standards (too general)

4 Quote the sentence that tells us Oxfam is part of a global network of organisations collaborating to deliver humanitarian aid.

"We are working with the government and other agencies to make sure that new refugee camps meet humanitarian standards for the delivery of aid." [1]

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Section B [20 marks]

Refer to Text 2 on pages 3-4 of the Insert and answer questions 5-13.

5 At the beginning of the text, the writer describes the Atlantic sea. Explain how the language used in Paragraph 1 indicates the eerie mysteriousness of the bottom of the sea.

Support your ideas with three details from Paragraph 1.

The writer indicates the eerie mysteriousness of the bottom of the sea by highlighting the inevitable sense of death and helplessness / being trapped.

(Answers need to identify the general pattern in the language used or the controlling idea in all the details provided.)

Supporting Details	Explanation
to be visited not by men but perhaps by their dead bodies encased in and made part of the iron coffins of their crushed-in ships	The reference to "dead bodies" shows the sea bottom to be otherworldly / belonging to the world of the dead. Words like "encased", "iron coffins" and "crushed-in" convey the helplessness of being confined and trapped / unable to be free from this world.
immemorial ooze in the relentless darkness and cold	The phrase "immemorial ooze" conveys a continuous / long and slow fall into the sea bottom, highlighting the helplessness and entrapment into the deadly or dangerous world (suggested by "relentless darkness and cold").
no more ado or stir than would be caused comparatively by specks of dust falling on a ballroom floor	The sense of helplessness that death / doom is inevitable is highlighted by "no more ado or stir", suggesting that everything is set in its course and cannot be changed. Comparing it to "specks of dust falling on a ballroom floor" highlights the inevitability of things such that it will not cause any notice.

[3]

(Explanations must show the unpacking of the meaning of words or the ideas conveyed by the words.)

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6 From Paragraph 2, give two of Krause's actions that seemed to be at odds with the circumstances that he was in.

(i) **He was dressed up.** [1]

(ii) **He was looking at himself in the mirror.** [1]

He went to rest./ He retired to his cabin.

X He reached out for his sweater.
(Accept answers that show Krause's action to be unexpected of someone who is leading a convoy of ship in war.)

7 "Krause, an America officer whom the circumstances of war had systematically tossed into the command of an Allied convoy, could never be at ease." (lines 17-19)

What is unusual and effective about the phrase "systematically tossed" as used here?

(i) It is unusual because "systematically" suggests an <u>orderly</u> manner whereas "tossed" gives the idea of being thrown in a <u>disorganised / unplanned / haphazard / unexpected</u> way. Putting these two words together in a phrase is unusual because of their contradictory meanings. [1]

(Candidates need to provide the meanings of the words and to explain that the meanings show a clear contrast and therefore it is unusual to put them together in a phrase.)

(ii) It is effective because it highlights the supposedly <u>organised manner in which the army operates</u> (e.g. with officers in charge and convoy of ships) yet it <u>draws attention to the exigencies of war which caused people to be thrown into situations that they had not planned / expected / did not want to be in</u>. [1]

8 From Paragraph 3, state two ways how the writer tries to emphasise the urgency of the situation. Support your response with details from the paragraph.

*Students must provide at least the way or the detail from passage with some explanation to be awarded the full mark.

Any TWO of the following:

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- The writer uses words that show swiftness / speed in action such as "to spring to", "plunged" and "snatched".
- The writer uses repetition with Carling repeating his message to Krause ("Captain to the bridge, sir," said Carling. "Captain to the bridge, sir."
- The writer made a reference to time ("Seven seconds elapsed ...", "He did not have another second to look around him.")

[2]

X 'Urgency in the voice' does not show the way the writer emphasises urgency of situation.

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the presence of the Allied convoy in the Atlantic.")

11 With reference to the details in Paragraph 6, explain two ways how the writer achieves the following effects:

*Students must provide at least the way or detail from passage with some explanation to be awarded the full mark.

(i) enables the readers to understand Krause's thoughts

The writer uses <u>questions</u> ("What would the captain of the James think of him if he refused permission to attack? What would the seamen in the convoy think of him if other U-boats got in through the screen so dangerously attenuated by that permission?) [1]

√dialogues with himself, debates going on his head are accepted.
√Some form of paraphrasing/details from passage will be accepted.

(ii) creates emphasis on the preparation that Krause had made for his job

The writer uses <u>repetition</u> ("during hours on the bridge, during hours solitary in his cabin"). [1]

12 From Paragraph 6, quote the best evidence that shows the following aspects of Krause's character:

(i) forward thinking

"Krause had thought deeply about such problems" / "Krause had envisaged these aspects of his situation" [1]

√Full sentence, "It was fortunate that during hours on the bridge, during hours solitary in his cabin, Krause had thought deeply about such problems" is accepted because there's nothing in the sentence that indicates another quality.

X Full sentence, "Krause had envisaged these aspects of his situation, too, but in the present case they could not affect his decision" is unacceptable because there is a part in the sentence that illustrates another quality of Krause's character.

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(ii) resolute

"they could not affect his decision" [1]

X Full sentence, "Krause had envisaged these aspects of his situation, too, but in the present case they could not affect his decision" is unacceptable because there is a part in the sentence that illustrates another quality of Krause's character.

13 The structure of the text reflects the main character's situation as he went through the events of the day. Complete the flow chart by choosing one word from the box to summarise the situation described in each part of the text. There are some extra words in the box you do not need to use.

Main Character's situation

exploring the climatic changes	alerted to the call of duty
deliberating on the command to issue	tracking the timing of events
operating in unknown conditions	presented with a difficult decision
contacting the enemy ship	

Flow chart

Paragraph 1 (i) **operating in unknown conditions**

↓

Paragraph 2 (ii) **alerted to the call of duty**

↓

Paragraphs 3-4 (iii) **presented with a difficult decision**

↓

Paragraphs 5-6 (iv) **deliberating on the command to issue** [4]

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Section C [25 marks]

Refer to Text 3 on pages 5-6 of the Insert and answer questions 14-19.

14 "Hardly a day goes by without some new story about sleep in the papers, on television or in our news feed." (lines 1-2)

(i) What point is the writer making here by referring to the papers, television and news feed?

The media plays a significant role in sharing the new stories about sleep. [1]

(Answer must make reference to the media and not "papers, television and news feed" or the news about sleep. Answer must also point out to the significant role that the media plays in disseminating the new story about sleep.)

(ii) Quote another line in Paragraph 1 where the writer attempts to make the same claim.

"The media now instructs us on how and when we must sleep." [1]

15 "Today, sleep is not only presented as a problem solved, but as the road to one's own personal salvation. Like so many other aspects of human life, sleep has also now become a commodity, which we are desperate to acquire and never quite sure of possessing." (lines 8-11)

Which words or phrases in the given sentences correspond with the following descriptions?

Descriptions	Word or phrase from the given sentences
(i) preservation	**salvation**
(ii) seriously in need of	**desperate to acquire**

[1]

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[1]

16 Explain **in your own words** why uninterrupted sleep is said to be something that is newly created.

From the text:

This idea is most probably a recent invention because it was discovered that the basic form of human sleep prior to the mid-19th Century was biphasic. Humans would have a first and then a second sleep.

Before the mid-1900, people sleep in two stages. [2]

√Any answer that indicates two stages is acceptable.
X Sleep twice in a day
(Candidates must rephrase the word "prior" and "biphasic". Do not accept answers that use the word "phases".)

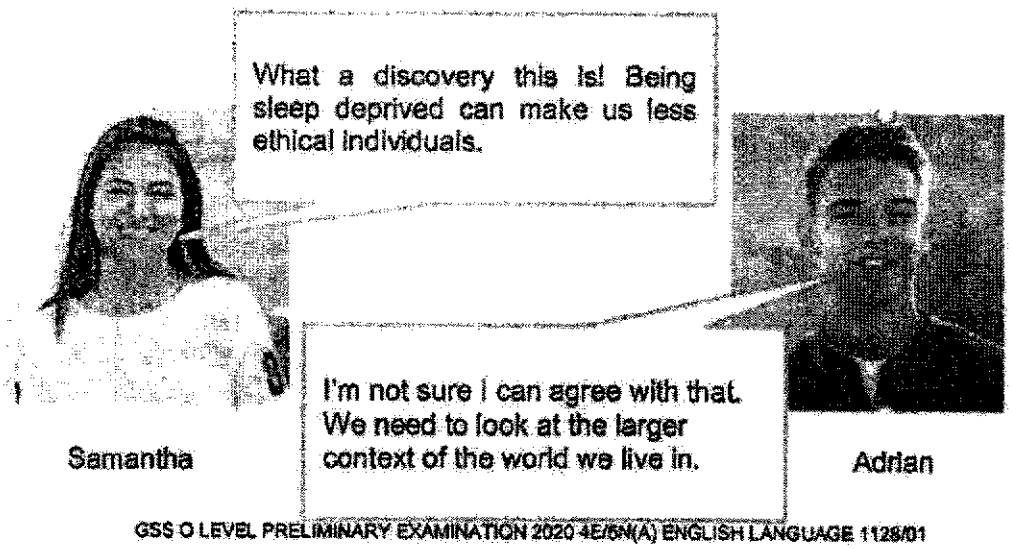
17 Pick out the evidence that shows the writer's awareness of the impact of a change in era and locality on sleep.

[1]

"shift historically and geographically"

√Full sentence, "Although the times for starting the first and second sleeps would shift historically and geographically, the biphasic pattern was more or less constant" is acceptable.

18 Here is a part of a conversation between two students, Samantha and Adrian, who have read the article.



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(i) Give the details in Paragraph 6 that Samantha can use to support her view.

Samantha can support her view by referring to sleep book writers' claim that sleep deprived workers are more likely to lie, blaming others for their errors and taking credit for other people's work. [1]

(Answer must refer to all the moral misbehaviours. Do not accept "less productive".)*

(ii) Explain how Adrian can support his view with reference to the evidence from Paragraph 6.

*Answer must show some form of paraphrasing and cannot be quoted directly.

Adrian can support his view by highlighting how anthropologists see these symptoms as the very conditions of modern life and how this has indeed been going on for centuries. [Award 1 mark]. He can also highlight how the problems we face today are huge and therefore affect our sleep. [Award 1 mark]. [2]

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19 **Using your own words as far as possible,** summarise what led to the change in our biphasic sleep pattern and why uninterrupted sleep is becoming a challenge to achieve in today's world.

Use only information from Paragraphs 3-5.

Your summary must be in continuous writing (not note form). It must not be longer than **80 words** (not counting the words given to help you begin).

Our biphasic sleep pattern went through a change over time ...

ASSESSMENT OF STYLE

Summary STYLE Descriptors	
Mark	
7	• There is a **sustained and successful attempt** to **re-phrase** the text language. • The summary is free from lifting except for phrases from the text which are difficult to substitute. • Apart from very occasional slips, **the language is accurate.**
5-6	• There is a **noticeable attempt** to **re-phrase** the text. • The summary is **free from** stretches of **concentrated lifting.** • The language is **almost always accurate. Serious errors** will be so **isolated** as to be almost unnoticeable.
3-4	• There are recognisable but **limited attempts** to **re-phrase** the text detail. • Groups of **text expression** are **interlaced** with **own words.** • The expression may not always be secure, but **the attempt to substitute** the text **will gain credit.** • The language is **largely accurate.**
1-2	• **Wholesale copying of large areas** of the text, but **not a complete transcript.** • Attempts to substitute **own language** will be **limited to single word** expression. • **Irrelevant sections of the text** will be **more frequent** at this level and below. • Meaning is not in doubt but **serious errors** are becoming **more frequent.**
0	• Pretty well **a complete transcript** of the **text** expression.

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	• Originality is barely noticeable. • There may also be **random transcription of irrelevant sections** of the text. • **Heavy frequency of serious errors**, impeding the reading in many places.

Summary Points

*Highlighted parts are those that are commonly missing which resulted in incomplete main points and thus, they are not awarded the mark.

No	From the Text	Paraphrased
What led to the change in our biphasic sleep pattern ...		
1	rise of artificial lighting, as gas and then electrical lighting were to replace the oil lamps Artificial lighting opened up new possibilities in human activities, and encouraged and facilitated later bedtimes	We sleep later at night with more things to do when we have artificial lighting.
2	changes in how work was understood notions of a work "ethic" that was suited to industrial capitalism	Our conception of work / work values changed based on industrial needs.
3	rise of shift work and scheduling led to life being organised in different ways	The increase in shift duties caused people to plan their routines differently.
4	With new technologies invented, production processes also changed and this impacted the way people functioned at work and how they managed their personal lives.	Advancement of technology transformed manufacturing methods and impacted people's work and lives.
Why uninterrupted sleep is difficult to achieve ...		
5	relentless barrage of sleep hygiene that warns of an early grave if we do not sleep through	Sleep experts tells us we will die early with insufficient sleep.
6	How are we supposed to navigate a broken night once we learn that sleep will protect us cancer and dementia, lower the risk of heart disease, stroke and diabetes, and make us happier, less anxious and less depressed?	We live in fear of getting chronic and mental illnesses when we lose sleep.

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7	The fear of not achieving our eight hours of sleep would already have a dramatic effect on sleep itself.	Worrying affects our sleep further.
8	Individual variability and changes of sleeping habit are now often depicted as hazards, with "Science" continually invoked to tell us what is right and what is wrong with our efforts.	Data / research is used to highlight the danger we are in because of our sleep patterns.
9	daily review ... assess whether we have had our required hours and then, inevitably, worry about the consequences of our failure	Focusing on an assessment of our failure, we become anxious.
10	new sleep books capitalise on our sense of guilt	Sleep books leverage on our remorse.
11	Insisting on perfect sleep and turning it into a task to be performed is yet more fuel to this failure.	Striving for ideal sleep and making it a chore adds to our sense of defeat.

Our biphasic sleep pattern went through a change over time with artificial lighting enabling us to have more activities and delaying our bedtime. With industrialisation, our conception of work changed, having to perform shift work that altered our sleep routines. Technological advancements also transformed manufacturing methods which changed our lives and sleep patterns. Today, getting uninterrupted sleep is challenging because we worry about dying early and getting illnesses when we lose sleep. We face research stating the dangers of inadequate sleep and the assessment of our failure makes us anxious.

END OF PAPER

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