



Concours d'accès à l'Institut Supérieur de l'Information  
et de la communication

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Epreuve de langue anglaise (2 heures)

Can you feel the rhythm?

'Routine' is usually seen as a negative term nowadays, largely because we no longer belong to a society of nine-to-fivers. We live in what is fast becoming a 24-hour society, where everything is open all hours. You can buy your groceries at midnight, book your holiday on the Internet at 3 A.M., and do business online at the crack of dawn. Before you join the 24-hour- evolution; however, take a minute to listen to what your body is trying to tell you—that a round-the-clock lifestyle is not what nature intended. In an area of our brains called the hypothalamus, we have a 'body clock' that controls our body's natural rhythms. It tells us when it's the right time to eat, sleep, work and play. It plays an important part in our physical and psychological well-being. It is, in fact, what makes us tick and controls many things including our hormones, temperature, immune functions and alertness. It synchronises all these like a conductor with an orchestra; it regulates tempo and brings in all the different instruments on time to make music rather than random noise. If we try to ignore our body clocks, or even to switch them off for a while, we not only deprive ourselves of much needed rest, but we also run the risk of seriously damaging our health.

Ignoring our body clock and changing your body's natural rhythms can not only make you depressed, anxious and accident-prone, it can lead to much more serious health problems. For example, heart disease, fatigue, ulcers, muscular pain, and frequent viral infections can all result from trying to outsmart our body clocks. Altering our patterns of sleeping and waking dramatically affects our immune system. While we sleep, the body's repair mechanisms are at work, when we are awake, natural killer cells circulate around our bodies and cause more damage. Our digestive system is affected, too – high levels of glucose and fat remain in our bloodstream for longer periods of time and this can lead to heart disease.

Unfortunately, we are not designed to be members of a 24-hour society. We can't ignore millions of years of evolution and stay up all night and sleep all day. We function best with a regular pattern of sleep and wakefulness that is in tune with our natural environment. Nature's cues are what keep our body clocks ticking rhythmically and everything working in harmony. So, next time you think a daily routine is boring and predictable, remember that routine may well save your life in the long run.

Virginia Evans – Jenny Dooley, Upstream, 2002

Questions

I. Referring back to the text, answer the following questions, using your own words

1. Explain how the 'body clock' works.
2. What happens when you ignore your body clock?
3. Do you follow a 'routine'? Explain

II. Put the following words (they are underlined in the text) into a meaningful sentence.

- |                    |               |
|--------------------|---------------|
| 1. Well-being      | 2. Switch off |
| 3. Designed        | 4. Boring     |
| 5. In the long run |               |

III. Put the verbs in the following sentences into the appropriate tense (make all the necessary changes)

1. How often you (to go) to the gym?
2. Last Thursday, I (to stay up) all night!
3. If you don't get at least seven hours of sleep, you (not to feel) well.
4. She (to eat) healthy food for two years now.
5. This morning, I (to take) a shower before I had breakfast.

IV. Combine the following sentences, using the appropriate word from the list and making all the necessary changes without changing the meaning.  
[Although, neither ...nor, in order to, unless, therefore]

1. Rabea works on her PC five hours everyday. She has severe neck problems.
2. Samira watches her diet very closely. She keeps gaining weight.
3. Omar sleeps eight hours every night. Omar wants to be keep his body clock in good shape.
4. If you do not pay attention to your body clock, you will catch many diseases.
5. Ali does not pay attention to his health. Omar does not pay attention to his health.

V. Essay: In about 150 words (4 to 5 paragraphs) describe how you take care of your body clock: talk about your sleeping, eating, exercising and working habits. Pay attention to format, punctuation and verb tenses.