



CADERNO DE QUESTÕES

NÚCLEO DE LÍNGUAS CAMPUS ITAPERI | SELEÇÃO 2025.2 TESTE DE NÍVEL



NOME COMPLETO

NÚCLEO DE LÍNGUAS CAMPUS ITAPERI

seleção 2025.2 teste de nível

EDITAL Nº 20/2025
PROVA DE LÍNGUA INGLESA SEMESTRE VI

DURAÇÃO DA PROVA: 03 HORAS
INÍCIO: 09 HORAS | TÉRMINO: 12 HORAS

LEIA ATENTAMENTE AS INSTRUÇÕES:

1. Este CADERNO DE QUESTÕES contém 20 questões numeradas de 01 a 20.
2. Confira se a quantidade e a ordem das questões do seu CADERNO DE QUESTÕES estão de acordo com a instrução anterior. Caso o caderno esteja incompleto ou tenha algum defeito de impressão comunique ao aplicador da sala para que ele tome as providências cabíveis.
3. Utilize apenas caneta esferográfica de tinta azul ou preta. Será considerada nula a FOLHA DE GABARITO que estiver marcada a lápis ou caneta com cor diferente à especificada anteriormente.
4. Para cada uma das questões do CADERNO DE QUESTÕES são apresentadas 4 opções de resposta. Apenas uma delas responde corretamente à questão.
5. O tempo disponível para esta prova é de 3 (três) horas, tendo início às 09h e encerrando às 12h. Será permitido deixar o local de prova somente após decorrida 1 (uma) hora do início da aplicação, sob risco de eliminação.
6. Será eliminado desta seleção quem utilizar-se de relógios ou aparelhos eletrônicos (notebook, agenda eletrônica, telefone celular, smartphone, calculadora, tablet, pen drive, mp3 player, fones de ouvido, etc.).
7. Reserve os 30 minutos finais para marcar sua FOLHA DE GABARITO.
8. Após a entrega da folha de gabarito, retire-se do local/sala de prova com este CADERNO DE QUESTÕES.
9. Este CADERNO DE QUESTÕES, juntamente com o GABARITO PRELIMINAR, estará disponível, dia **23 de junho de 2025**, no site (www.uece.br/nucleodelinguasitaperi/selecao/teste-de-nivel/).
10. O resultado final da Seleção 2025.2 Teste de Nível estará disponível, dia **28 de junho de 2025**, no site (www.uece.br/nucleodelinguasitaperi/selecao/teste-de-nivel/).

PROVA DE LÍNGUA INGLESA**THE HISTORY OF SLEEP: A TALE OF TWO SHIFTS**

01 For decades, the eight-hour continuous sleep
02 pattern has been considered the natural human way
03 of resting. However, historical evidence suggests
04 our current sleep habits are largely a product of
05 industrialisation rather than our natural biological
06 rhythm. Research into pre-industrial documents,
07 diaries and literature has revealed that humans
08 previously experienced sleep quite differently,
09 challenging our assumptions about what constitutes
10 'normal' sleep patterns.

11 Historical records from across Europe show
12 that before the 18th century, most people practised
13 what historians now call 'biphasic sleep'. They
14 would go to bed shortly after dusk for their 'first
15 sleep', wake for one to two hours around midnight,
16 and then have their 'second sleep' until dawn. This
17 intervening period of wakefulness was not seen as
18 insomnia or a sleep disorder, but rather as a natural
19 and valued part of the night. People would use this
20 time for various activities: reading, writing, praying,
21 or visiting neighbours. Medical texts from the era
22 even suggested this was the best time for
23 conception, as people were more relaxed and
24 refreshed.

25 The shift towards our modern sleep pattern
26 began with the advent of street lighting and
27 continued through the Industrial Revolution. As
28 artificial lighting became more common, people
29 began staying up later, and the demands of factory
30 schedules forced workers to compress their sleep
31 into a single period. By the 1920s, the practice of
32 biphasic sleep had largely disappeared from public
33 consciousness, and references to 'first' and 'second'
34 sleep became **increasingly** rare in literature and
35 medical texts.

36 Contemporary sleep scientists have found
37 evidence supporting the naturalness of the biphasic
38 sleep pattern. When research subjects are deprived
39 of artificial light, they often fall into a split sleep
40 schedule remarkably similar to the historical pattern.
41 This suggests our bodies might naturally prefer this
42 rhythm. However, modern society, with its rigid work
43 schedules and constant exposure to artificial light,
44 makes returning to such patterns impractical for
45 most people.

46 The implications of this historical insight extend
47 beyond mere curiosity. Sleep researchers are now
48 investigating whether some modern sleep problems
49 might result from forcing ourselves to sleep in a
50 pattern that conflicts with our natural rhythms. Some
51 sleep specialists suggest that people experiencing
52 middle-of-the-night waking shouldn't automatically
53 consider it a disorder, as it might reflect an older,

54 natural pattern. However, they acknowledge that
55 adapting modern life to accommodate split sleep
56 would require significant social and economic
57 changes.

58 This historical perspective has also influenced
59 discussions about optimal sleep patterns in different
60 cultures and contexts. While the eight-hour block
61 remains standard in most industrialised nations,
62 some countries maintain different cultural practices,
63 such as the siesta tradition. Contemporary research
64 suggests that these alternative patterns might offer
65 significant benefits for both physical and mental
66 well-being.

67 Recent studies conducted across multiple
68 sleep laboratories have shown that enforcing a
69 single, standardised sleep pattern may contribute to
70 various modern health issues, including increased
71 stress levels and decreased cognitive performance.
72 Scientists have observed that individuals who
73 naturally wake during the night often experience
74 more vivid dreams and better memory consolidation
75 when they don't force themselves back to sleep
76 immediately. This has led to growing interest in
77 personalised sleep recommendations that take into
78 account individual circadian rhythms and lifestyle
79 factors.

80 The recognition that our current sleep patterns
81 might not be optimal has sparked a broader debate
82 about work schedules and social organisation.
83 Some progressive companies are experimenting
84 with flexible working hours that better accommodate
85 natural sleep patterns, while certain educational
86 institutions are considering later start times based
87 on research into adolescent sleep rhythms. While
88 it's unlikely that society will return entirely to
89 historical sleep patterns, understanding our natural
90 tendencies could lead to more adaptable and
91 healthy approaches to rest in the future.

From:

<https://www.esl-lounge.com/student/advanced/cae-299-advanced-reading-multiple-choice-2.php>

QUESTÃO 01

Choose the correct information about the text. What does the text identify as our misconception about sleep patterns?

- a) That modern sleep patterns are more efficient than historical ones.
- b) That sleep patterns have remained constant throughout history.
- c) That continuous eight-hour sleep is our natural rhythm.
- d) That artificial light has improved our sleep quality.

QUESTÃO 02

According to the text, what brought about the end of biphasic sleep?

- a) Medical discoveries about sleep patterns.
- b) Changes in cultural attitudes to sleep.
- c) Scientific research into sleep disorders.
- d) Industrial schedules and artificial lighting.

QUESTÃO 03

How were middle-of-the-night waking periods viewed in pre-industrial times?

- a) As a natural and beneficial part of the sleep cycle.
- b) As a time specifically reserved for social activities.
- c) As an unwanted interruption to proper sleep.
- d) As a period for completing unfinished work.

QUESTÃO 04

How does the text suggest modern workplaces are responding to sleep research?

- a) By returning to traditional biphasic patterns.
- b) By considering more flexible working schedules.
- c) By eliminating artificial lighting.
- d) By extending the working day.

QUESTÃO 05

The word "**increasingly**" in line means:

- a) More often or to a greater degree.
- b) Becoming smaller or fewer in size.
- c) Having a clear and deep understanding of a complicated situation.
- d) Able to change easily according to the situation.

QUESTÃO 06

What is the text's overall perspective on modern sleep patterns?

- a) They represent necessary adaptation to modern life.
- b) They are superior to historical sleep patterns.
- c) They may be unsuitable for our natural biological needs.
- d) They should be standardised across all cultures.

QUESTÃO 07

Choose the correct option to complete the paragraph below.

¹A / The / – smiley face first appeared in 1963 when

²a / an / the American children's TV show called *The*

Funny Company featured it with the words 'Keep

smiling' at the end of ³an / the / – show.

- a) 1. A 2. an 3. the.
- b) 1. The 2. an 3. an.
- c) 1. The 2. an 3. the.
- d) 1. A 2. a 3. the.

QUESTÃO 08

Choose the correct adjective to complete the dialogue.

Julia: Are you sure this is the right street?

Jorge: No, I'm a little _____. All the streets look the same around here.

- a) Confused.
- b) Cheerful.
- c) Outgoing.
- d) Polite.

QUESTÃO 09

Which sentence is grammatically correct?

- a) I remember one day when my family used to went to the ocean for the day.
- b) I didn't use to like vegetables but now I do.
- c) I used listening to classical music when I was a teenager.
- d) She used to can stand on her hands.

QUESTÃO 10

Complete the conversation with the correct form of the verbs.

Customer: Good morning. I'm looking for something, but I don't know what they're ¹_____.

Sales clerk: OK. Can you describe what you're looking for?

Customer: You ²_____ them to put your wet clothes on a line to dry. They're ³_____ of plastic or wood.

- a) 1. Called 2. use 3. made.
- b) 1. Call 2. used 3. make.
- c) 1. Called 2. have use 3. made.
- d) 1. Calling 2. use 3. make.

QUESTÃO 11

Complete the dialogue with the correct form of the verb in parentheses.

Paolo: Hey Ana, do you want to go to the movie theater later?

Ana: Well, I ¹_____ (go) if there ²_____ (be) something good playing.

- a) Would go / are.
- b) Am going / being.
- c) Am going to / is.
- d) Will go / is.

QUESTÃO 12

Choose the correct option about the use of preposition.

- a) I study English on college and would love the opportunity to practice new languages.
- b) At the third movie, The Prisoner of Azkaban, Harry discovers the man believed to be involved in his parents' murder has escaped from prison.
- c) Do you have any plans for next weekend? I'm going to have a party on my new house.
- d) Harry Potter is a series of movies based on the children's books by JK Rowling.

QUESTÃO 13

Choose the correct option to complete the dialogue:

A: Have you _____ to an auction?

B: Yes, I _____. I _____ to one about two years ago.

- a) Being / have / have gone.
- b) Been ever / do / have been.
- c) Ever been / have / went.
- d) Been / have being / have been.

QUESTÃO 14

Choose the correct option to complete the following dialogue.

A: *Why are you looking out the window?*

B: *I think there's (1) _____ in the house across the street.*

A: *But (2) _____ has lived there for years!*

B: *I know, that's why I'm looking.*

- a) (1) Something (2) somebody.
- b) (1) Somebody (2) nobody.
- c) (1) Someone (2) anyone.
- d) (1) Anything (2) no one.

QUESTÃO 15

Choose the correct preposition in each sentence.

- 1 When you go out with your best friends, what do you usually talk **about / on**?
- 2 Do you have any friends that you usually argue **about / with**?
- 3 I can't rely **on / about** him – he's always late!

- a) 1. About 2. about 3. on.
- b) 1. About 2. with 3. on.
- c) 1. On 2. about 3. about.
- d) 1. On 2. with 3. on.

QUESTÃO 16

Choose the option which is grammatically correct:

*"Hi Andrew,
How are you? I just _____ from vacation in Italy. It was good, but a few things _____ wrong. First, my flight was delayed by six hours. When I finally landed in Rome, the taxi driver _____ me to the wrong hotel. A few hours later, I _____ to find the right one and checked in."*

- a) Got back / went / took / managed.
- b) Went / did / has taken / applied.
- c) Come back / go / driven / managed.
- d) Landed / was / get / looked for.

QUESTÃO 17

Choose the option that is grammatically correct.

- a) The fish was delicious, but I found a little bones.
- b) How was the job interview? It was OK. I wasn't enough nervous.
- c) I couldn't finish the work because I didn't have enough time.
- d) We buy too much vegetables. We never eat them all.

QUESTÃO 18

Choose the correct option about the sentences below.

- 1 Models usually work _____ the fashion industry.
- 2 Waiters usually work _____ restaurants.
- 3 Car mechanics can work _____ BMW.
- 4 Flight attendants usually work _____ international airlines.

- a) In sentence 1, the preposition is "**on**".
- b) In sentence 2, the preposition is "**to**" or "**on**".
- c) In sentence 3, the preposition is "**to**" or "**in**".
- d) In sentence 4, the preposition is "**for**".

QUESTÃO 19

Choose the correct option according to the picture.



- a) The bag is so higher in price. Even though, the woman has enough money to buy it.
- b) The bag is too expensive. The woman doesn't have enough money to buy it.
- c) As the woman has so many money, she will buy the handbag.
- d) As the handbag is so cheap, the woman won't buy it.

QUESTÃO 20

Choose the correct option that contains the same vowel sounds.

- a) Ache / shake / pain.
- b) Come / blood / burn.
- c) Flu / tooth / sun.
- d) Cough / pour / door.