



Cambridge Primary Checkpoint

ENGLISH

0058/01

Paper 1 Non-fiction

October 2023

INSERT

1 hour

INFORMATION

- This insert contains the reading passages.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.



This document has **4** pages. Any blank pages are indicated.

Text A**The extraordinary ways that animals sleep**

There are as many different types of sleeper as there are animal varieties on the planet. There are dozers, dreamers, nappers and hardcore dead-to-the-worlders. Prepare to snuggle up with this gaggle of amazing comatose creatures.

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Dozing dolphins

Dolphins face a bit of a problem as they spend their whole lives in the water, but as mammals they need to breathe oxygen to survive. How do they juggle this when unconscious? Dolphins shut down half of their brain, which rests, while the other half is alert and looking out for any potential hazards. As they do this, the dolphin will lie on the surface of the water in a behaviour known as 'logging'.

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Forty winks whales

It was always thought that whales also engaged in this 'brain half asleep' behaviour. They may well do, but researchers discovered something extraordinary about the sleep habits of sperm whales. They came across a group of them completely asleep and bobbing vertically in the water like a strange aquatic forest. The whales didn't react as the scientists approached them and seemed completely oblivious* until a boat nudged one, at which point they all awoke and fled.

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Slumbering sea otters

We've all seen the adorable pictures of sea otters holding paws while asleep to ensure they don't float away from each other. Just in case they're concerned about the grip, otters also anchor themselves to each other with seaweed. As many as 100 otters have been spotted floating in the ocean, wrapped in kelp, like some giant furry raft.

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Non-energetic elephants

Elephants only manage about two hours of sleep per day, and that's not even a concentrated block of shuteye. They tend to nod off for a few minutes at a time throughout the day. Possibly because of this, most of their sleeping is done standing up, with just the occasional recumbent* slumber. Interestingly, captive elephants, with no predators or poachers to worry about, sleep many hours more.

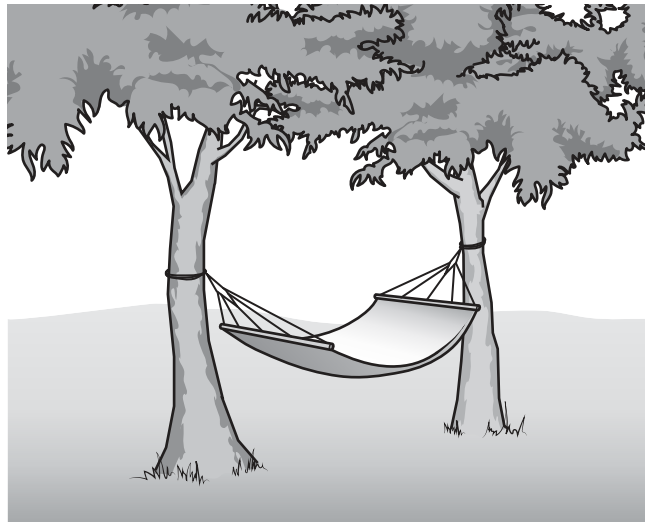
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Glossary:

oblivious: not aware of anything

recumbent: if something is recumbent, it is lying down

Text B



There are four major benefits to sleeping in a hammock:

Benefit 1) Achieve the ideal sleeping position

A hammock will naturally move you into the best sleeping position – and keep you there. It isn't going to let you roll onto your side or your stomach, which could hurt your back. Additionally, your head will be slightly elevated above your body, which is ideal for restful sleep.

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Benefit 2) Rocking helps your brain

Rocking is a particularly soothing action for most people. That's why babies tend to fall asleep when they are rocked back and forth. Rocking will impact your brain waves, making you rest and fall asleep faster.

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Benefit 3) Enjoy a deeper sleep

In addition to falling asleep faster, hammock sleep also tends to be much deeper. You can achieve REM sleep, which is the most restful form of sleep. Deeper sleep can lessen anxiety, improve your focus, and increase your memory.

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Benefit 4) Zero-pressure-point rest

What is zero-pressure-point sleep? In a hammock there are no specific contact points between the sleep surface and your body. The hammock conforms to your body, providing equal pressure throughout your body rather than creating pressure in specific areas.

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So, if you often find yourself unable to get a deep, restful sleep, then a hammock may be able to help. Install a hammock with mosquito net outside and use it when the weather's fine, or put one beside your bed in your bedroom. It's that easy!

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