

PART I: ACCESS TO INFORMATION FROM WRITTEN TEXTS (70 points)

Read the article below and then answer questions 1–8.

THE BUSINESS OF SLEEP

WestHouse Hotel in New York provides its guests with specially designed mattresses, sleep masks, and aromatherapy oils. First class passengers flying with Etihad Airways enjoy mattresses made from natural materials, feather pillows, and noise-canceling headphones. At sea, passengers on some of Celebrity Cruises' ships can adjust their high-tech beds to their taste. With many people finding it harder to get a good night's sleep, sleep is becoming an increasingly popular way for businesses in the travel industry to attract customers.



“Everyone in our country is sleeping an hour and a half less than they did last generation,” says Dr. Russell A. Sanna, an American sleep specialist. He blames this on the growing use of electronic devices such as laptops, tablets, and smartphones, which he calls “sleep stealers.” At night, the light coming from the screens of these devices can disrupt users’ body clocks. In addition, mobile devices are used at all hours of the day and night, which, Sanna says, erases “boundaries between work, home, sleep, and wake.”

It’s not surprising, therefore, that hotels, airlines, and cruise lines now offer luxury sleep services alongside expensive champagne, gourmet meals, and two- or four-hour butler service. Anna Brownell, the head of product development at Etihad Airways, says that the company worked together with researchers for almost two years to create its sleep program. “We realized that we hadn’t focused enough attention on one of the things our guests are most interested in,” she explains. “Now, we are finally giving them the five-star experience they want.”

Some travel businesses are even selling their sleep solutions. If you like your bed at a Four Seasons Hotel (the unique mattress can be changed from soft to a little firm to hard, depending on your preference), you’re welcome to order one from the Four Seasons Hotel closest to your home. Celebrity Cruises’ deluxe beds are available on the company’s website. According to Steven A. Carvell, an industry expert, these

30 companies aren't really interested in the extra income. Rather, they are using bed sales as a marketing tool. "If travelers associate a brand with a fantastic night's sleep and a productive day, they will be the brand's most loyal customers," he says.

Dr. Sanna is glad that businesses have begun to recognize the value of sleep. Nevertheless, he hopes that one day, people will see sleep as a necessity rather than as a luxury. "Getting a good night's sleep is as important as eating healthy food and exercising," he says. "So why are we humans voluntarily depriving ourselves of sleep?"

QUESTIONS (70 points)

Answer questions 1–8 in English, according to the article. In questions 1, 3, and 4, circle the number of the correct answer. In the other questions, follow the instructions.

1. What do we learn from lines 1–8?
 - i) Why West House Hotel provides aromatherapy oils.
 - ii) Which airline offers the most comfortable mattresses.
 - iii) Why it is becoming harder to get a good night's sleep.
 - iv) What customers are demanding from the travel industry.

(8 points)

2. PUT AN X BY THE TWO CORRECT ANSWERS.
 What is explained in lines 9–15?
 - i) Why there is a growing use of mobile devices.
 - ii) How much sleep people need to stay healthy.
 - iii) Which people tend to get the least sleep.
 - iv) How Americans' sleeping habits have changed.
 - v) Why people don't want to limit the use of mobile devices.
 - vi) How the use of mobile devices affects people's sleep.

(2x7=14 points)

3. What are expensive champagne and gourmet meals examples of? (lines 16–22)
 - i) Things that help people sleep better while traveling.
 - ii) Luxuries that have been replaced by sleep services.
 - iii) Things that have finally given guests a five-star experience.
 - iv) Luxuries that travel companies offer their customers.

(8 points)

4. What can we understand about Etihad Airways from lines 16–22?
- i) They have always tried to help their passengers sleep well.
 - ii) Most of their passengers don't care much about sleeping on a plane.
 - iii) They put a lot of effort into developing their sleep program.
 - iv) In the past, their passengers were never satisfied with any of their services.
- (8 points)
5. What is ONE “sleep solution” that travel businesses are selling? (lines 23–30)
- ANSWER: _____
- (8 points)
6. COMPLETE THE SENTENCE. (lines 27–30)
- What do travel companies hope to achieve by selling sleep solutions?
- They want _____.
- (8 points)
7. COMPLETE THE SENTENCE. (lines 31–34)
- According to Dr. Sanna, people shouldn't _____.
- (8 points)
8. The title of the passage is “The Business of Sleep.” Copy ONE fact from the text that explains this title.
- ANSWER: _____
- (8 points)

PART II: ACCESS TO INFORMATION FROM SPOKEN TEXTS (30 points)

Answer questions 9–13 according to the broadcast. In questions 9, 10, 12, and 13, circle the number of the correct answer. In the other question, follow the instructions. (5 points for each correct answer = 30 points in all)

HOTEL HOME

9. What has changed since the Davidsons moved into the Travelodge hotel in Newark?
- The hotel chain that they're living in.
 - Their attitude towards living in a hotel.
 - The hotel branch that they're living in.
 - Their reasons for living in a hotel.
10. According to David Davidson, living at a hotel (—).
- costs less than living in their flat
 - is expensive but worth the high cost
 - costs less than living in a home for old people
 - isn't expensive because it includes moving expenses
11. Write TWO benefits of living in a hotel that David mentions.
- _____
 - _____
12. Why does David talk about his and his wife's recent trip to the United States?
- To show how much they love Travelodge.
 - To explain why they don't want to move.
 - To show that American hotels aren't very good.
 - To explain why they prefer not to travel abroad.
13. From David's last answer, we can understand that (—).
- not many people like to stay at Travelodge hotels
 - the Davidsons may be Travelodge's most loyal customers
 - Travelodge often names its rooms after famous people
 - it is an honor for the Davidsons to live in a Travelodge hotel

TOTAL BAGRUT STRATEGY #1—THE TITLE OF THE PASSAGE

Always read the title of the passage carefully. The title can usually help you understand what the passage is about. In addition, you may be asked a question about the title.

For example, question 8 on page 7 asks:

The title of the passage is “The Business of Sleep.” Copy a fact from the text that explains this title.

ANSWER _____

If the title is written as a question, you may be asked to answer that question. For example: How would you answer the question in the title according to the text?

OR What is X’s answer to the question in the title? (X = a person mentioned in the text)

To answer a question about the title of the passage, you must make sure that you understand the exact meaning of the title. Then, you must connect the title to the information given in the text.

TOTAL BAGRUT STRATEGY PRACTICE #1

Read the passages below and on page 10, and answer the questions. Remember to read the title carefully!

1. ARE ALL NAMES OKAY?

There is an increasingly popular trend among celebrities to give their children unusual names. One famous actress named her first son Audio Science. She explained that she wanted a word rather than a name, and these two words just seemed like the perfect idea. A musician chose the name Fuchsia for her daughter because she liked the strong pink color. Actor parents named their daughter after a country, Ireland. Many fans admire the unusual name choices, but psychologist Catherine Reynolds is not impressed. “Parents have a responsibility towards their children,” she says. “It’s just not fair to give them a name that will embarrass them for life.”

COMPLETE THE SENTENCE.

What is Catherine Reynolds’ answer to the question in the title?

_____, because _____.

2. DOUBLY HONEST

Gil Steward was at a Home Depot store in Maine when he found a wallet filled with almost \$1,000 cash. He brought the wallet to the store's service manager, who returned it to its owner. Exactly two days later, Steward was at the same Home Depot store, when he saw a bag full of money lying on the floor. Once again, he gave the money to the service manager. "I think that I'm being tested," Steward said jokingly.

The title of the passage is "Doubly Honest." Based on the text, explain the title.

ANSWER: _____

3. HOW SAFE ARE CELL PHONES?

With more than four billion cell phone users worldwide, some lawmakers are worried about the possible danger to people's health. The health ministries in several countries, including Israel, France, and Finland, have published warnings against extensive mobile phone usage. In the United States, a congresswoman hopes to pass a law requiring cell phone companies to put a warning label on every phone stating, "Users, especially children and pregnant women, should keep this device away from the head and body."

These lawmakers' efforts are based on research which has found a link between mobile phone usage and cancer. For example, a study by Dr. Siegal Sadetzki of the Gertner Institute shows that cell phone users are at a higher risk of developing salivary-gland tumors.* However, there have also been many studies which have not found any connection between cell phones and health problems. As a result, respected organizations such as the World Health Organization say that there isn't enough proof that mobile phones are dangerous.

Based on the passage, how would you answer the question in the title?

ANSWER: _____

*salivary-gland tumors = גידולים בבלוטת הרוק

TOTAL BAGRUT LANGUAGE REVIEW #1—EVERY / ALL / THE WHOLE

“**Everyone** in our country **is** sleeping an hour and a half less than they did last generation.” (lines 9–10)

“In addition, mobile devices are used at **all hours** of the day and night...” (lines 13–14)

Everyone, **everybody**, and **everything** are all singular words, so we use them together with singular verbs.

For example: **Everything** is fine. **Does everybody** have a book?

We use **every** together with singular count nouns when we are referring to individual parts within a group.

For example: I can't believe that I managed to clean **every room** in the house.

All usually appears with (**of +**) a noun rather than on its own. It can be either singular or plural, depending on whether it is used with a non-count noun or a plural noun.

For example: **All my money is** in the bank. **Are all of the students** in the room?

Some common expressions with **all** are: **all of us / you / them, all I can, all you need, all about.**

We usually use **the whole** with singular count nouns, when we are referring to something as a whole rather than to the individual parts.

For example: I want to invite **the whole class** to my party. Do you want **the whole piece** or only half?

We can use either **the whole** or **all** with many time expressions.

For example: I've been busy **the whole day**. I've been busy **all day**.

TOTAL BAGRUT LANGUAGE PRACTICE #1

A. Circle the correct word / phrase in each set of brackets.

1. I'm so bored! I've read (**every** / **all** / **the whole**) book in the house.
2. I'm so bored! I've read (**every** / **all** / **the whole**) the books in the house.
3. Where have you been? I've been trying to reach you the (**every** / **all** / **whole**) day, since 8:00 this morning!
4. Where have you been? I've been trying to reach you (**every** / **all** / **whole**) day, since 8:00 this morning!
5. Where have you been? I've been trying to reach you (**every** / **all** / **whole**) day this week!
6. (**Am** / **Is** / **Are**) everybody here?
7. All of our work (**am** / **are**) done. We can go home now.
8. Everything (**look** / **looks** / **is look**) beautiful. Thank you so much for your help!
9. All our guests (**has** / **have**) already arrived.
10. My whole family (**was** / **were**) at the wedding last night.

B. Fill in the correct word / phrase (*everyone, everybody, everything, every, all, whole, or the whole*) in each sentence. Remember to capitalize words that come at the beginning of a sentence.

1. Congratulations! You've answered _____ the questions correctly.
2. _____ item in our store is discounted 20–40%.
3. Of course you don't know the material. You haven't studied the _____ year.
4. _____ knows that vegetables are healthy.
5. Why do I have to do _____ the work in this house?
6. _____ is ready — you can come and eat.
7. You look younger _____ time I see you.
8. Mark has been dreaming of climbing Mount Everest his _____ life.
9. _____ is invited to my party next week.
10. _____ was delicious. Thank you so much for your hospitality!

C. Write a sentence that you would say or a question that you would ask in each of the following situations, using *everyone*, *everybody*, *everything*, *every*, *all*, or *the whole*.

1. You have finally finished your math homework after two hours of hard work.

2. You arrive at school in the morning, and no one is in your classroom.

3. You open the fridge and see that the cake that you baked yesterday isn't there.

4. You get on the bus and you realize that you've forgotten your wallet at home.

5. You are angry with your friend because she arrived at the shopping center an hour later than the time that you agreed on.

6. You are reading the newspaper, and it is full of bad news.

7. Your room is a terrible mess.

8. You've arrived at a place where you don't know anyone, but you still manage to make lots of new friends.

9. You are at a shoe store, but don't like any of the shoes there.

10. You have received a list of all your Bagrut grades.

TOTAL BAGRUT VOCABULARY PRACTICE # 1

A. Translate the words in **bold** according to the context of the sentence.

1. In the past, Etihad Airways didn't give enough **attention** to sleep solutions.

2. Travel businesses are using sleep **to attract** customers. _____
3. Celebrity Cruises' deluxe beds are **available** online. _____
4. Many doctors blame Americans' lack of sleep on the growing use of electronic devices. _____
5. Etihad Airways worked for almost two years **to create** its sleep program.

6. Choices of mattresses **depend** on customers' preferences. _____
7. You can use a mobile **device** at all hours of the day and night. _____
8. Etihad Airways wants to give their passengers a five-star **experience**.

9. Steven A. Carvell is a travel industry **expert**. _____
10. The travel industry has started **to focus** more on sleep services. _____
11. Americans are sleeping an hour and a half less than they did last **generation**.

12. Sleep is becoming an **increasingly** popular way for businesses in the travel industry to attract customers. _____
13. Etihad Airways has mattresses made of the highest-quality **materials**.

14. Dr. Sanna says that sleep is a **natural** need rather than a luxury. _____
15. Four Seasons Hotels sell their sleep **product**, a specially designed bed.

16. WestHouse Hotel and Celebrity Cruises **provide** their guests with special mattresses. _____
17. The light from the **screen** of a mobile device can disrupt your body clock.

18. Many hotels offer luxuries such as twenty-four-hour butler **service**.

19. The **unique** mattress can be changed from soft to a little firm to hard.

20. Dr. Sanna is glad that businesses have begun to recognize the **value** of sleep.

B. Match the words to make phrases.

- | | |
|-----------------------------------|----------------------------------|
| ___ 1. ask a | a. personality |
| ___ 2. blame | b. service |
| ___ 3. start | c. shops now |
| ___ 4. enjoy your friend's unique | d. on what's important |
| ___ 5. study the | e. at the screen |
| ___ 6. available in | f. from generation to generation |
| ___ 7. excellent customer | g. famous expert |
| ___ 8. 100 percent | h. material |
| ___ 9. focus | i. natural |
| ___ 10. pass on a tradition | j. someone else |

C. True or false?

- ___ 1. Going on vacation is usually a terrible experience.
- ___ 2. Banks are happy to provide money to all their customers.
- ___ 3. A shy person loves to get attention from all the people around him.
- ___ 4. It is becoming increasingly difficult to contact people around the world.
- ___ 5. Only very rich people can afford to buy mobile devices.
- ___ 6. Flowers attract bees and lions.
- ___ 7. You can buy many food products at the supermarket.
- ___ 8. A person's happiness depends only on how much money he has.
- ___ 9. If something has no value for you, it's hard to throw it away.
- ___ 10. Leonardo da Vinci created many magnificent pieces of art.

D. Fill in the sentences using the words / phrases printed in bold in Exercise A. Change the form of the word / phrase if necessary.

1. Our delicious food products contain only _____ ingredients, with no food colorings, additives, or preservatives.
2. Don't _____ me for what happened — it's all your fault!
3. Jonathan is a marketing _____ who has succeeded in increasing the sales of some of the biggest companies in the world.
4. I'm sorry, but there aren't any sugar-free cakes _____ in our bakery.
5. Rana has a _____ singing voice; I have never heard anything like it.
6. Does your store have delivery _____?
7. Whether we go on a trip or not _____ the weather forecast.
8. For just 49.90 a month, our company will _____ you with unlimited phone calls in Israel and abroad.
9. If you don't _____ on what you are doing, you are sure to make mistakes.
10. If you don't give her any _____, she will stop misbehaving.
11. Volunteering at a summer camp for sick children was one of the most uplifting _____ that I have ever had.
12. The government has announced a plan to _____ 5,000 new jobs.
13. Our grandparents' _____ is generally less comfortable with technology than we are.
14. It's bad for your eyes to look at a _____ all day.
15. This money-saving _____ warns you if you use too much water while showering.