

LÍNGUA INGLESA

Questões de 01 a 06

Read the text carefully and answer the questions about it.

Dream On

Counting sheep instead of enjoying sleep? Six ways to ruin your night.

By Sarah Kliff

05 Newsweek

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Aug. 17, 2007 - If you're tossing and turning instead of falling asleep at night, it's probably not because the bed bugs are biting. Rather, a number of simple mistakes we make when trying to grab some shuteye are often to blame. We consulted with Alex Chediak, president of the American Academy of Sleep Medicine, to learn about the most common things we do to spoil a great night's sleep. Avoid the following six habits and sweet dreams should be near in your future:

- 10 Early Bedtimes:** While heading to bed at 8 p.m. might seem like a great way to get your sleep schedule on track, such an early bedtime will likely deter your good intentions. That's why hitting the sack before (or too soon after) the sun has started setting usually does not align with your circadian rhythm, the body's natural sleep-wake cycle. In order to keep pace with your circadian rhythm, Dr. Chediak recommends waiting until you're drowsy to fall asleep and then waking up at the same time each morning, giving your body a set schedule to sleep by.
- 20 Bedroom Gadgets:** No, not *those* kinds of gadgets. We're talking about ordinary computers, BlackBerries, and televisions--all of which are probably best left outside the *boudoir*. Mingling electronics with your sleep site sends your body mixed messages about whether it should be turned on or off. In order to keep your bedroom a restful place, keep it free of digital devices.
- 25 Having a Nightcap or Two:** If you're having trouble falling asleep, drinking is not the right remedy. A few beers will definitely make you drowsy, but that does not translate into a solid night of sleep. Instead, sleeping after drinking is one of the surefire ways to guarantee a miserable morning. You'll usually get about four hours of light sleep, Dr. Chediak explains, but wake up afterward feeling lousy and unable to fall back asleep. If you're looking for more solid sleep that will leave you well rested, then the bar scene should not be part of your bedtime ritual.
- 30**

Working Until Bedtime: Think you'll be able to fall asleep if you move right from checking your e-mail to bed? Think again. Actually stop thinking. If you've got work-related matters buzzing around in your head, give them a chance to calm down before
35 you consider sleeping. Putting a time barrier between work and sleep should ensure that you're having sweet dreams instead of stressful nightmares.

Watching the Clock: Watching each minute – or second – pass by is not going to help you drift off. Instead, it will likely make you more anxious about the time you're spending without sleeping. Instead of counting the passing minutes, Dr. Chediak recommends
40 getting up to do a calming activity, such as a crossword puzzle or reading a book and then heading back to bed when the drowsiness hits again. (And turn that clock face away from the bed.)

Dark Mornings: Your morning routine can actually have a pretty big impact on your sleep success. You need to let your body know when it's time to rise and shine and the
45 best way to do that is by exposing yourself to some bright lights. Doctors recommend getting about 20 minutes of early-morning light exposure. It will let your body know that it's time to get going and reduce drowsiness.

Disponível em: <<http://www.msnbc.msn.com/id/20321571/site/newsweek>>. Acesso em: 03 set. 2007.

01. The following statements were said by people who have trouble when falling asleep. Match each sentence to the appropriate subtitle below.

- A) "I go to bed at 7 p.m. but I don't usually sleep well".
B) "I have tried watching a movie in bed in order to fall asleep but it didn't work".
C) "Going to a pub and having some alcoholic drink make me sleepy. But there is a problem – I feel lousy next morning".
D) "I feel very tired because I work up to 10 p.m. but I can't get to sleep as soon as I get home".
E) "Whenever I can't sleep I get worried and look at my alarm clock every fifteen minutes".
F) "I work in a very nice place but I rarely see any day-light and I guess this is bad for my sleep".

- () having a nightcap or two
() working until bedtime
() watching the clock
() bedroom gadgets
() early bedtimes
() dark mornings

02. Look for a phrase/sentence that:

- A) defines circadian rhythm.
- B) talks about the benefit of waking up at the same time every day.
- C) suggests what you should do to make your bedroom a calm site.
- D) shows a way to help your body know that it is time to get alert.

03. Write the reference for the following underlined words.

- A) Mingling electronics with your sleep site sends your body mixed messages about whether it should be turned on or off. (lines 22-23)
- B) In order to keep your bedroom a restful place, keep it free of digital devices. (lines 23-24)
- C) If you're looking for more solid sleep that will leave you well rested... (lines 29-30)
- D) ...give them a chance to calm down before you consider sleeping. (lines 34-35)
- E) It will let your body know that it's time to get going and reduce drowsiness. (lines 46-47)

04. Do these words or expressions have similar or opposite ideas? Circle the correct answer.

A) Ruin (line 02) – spoil (line 11)

Similar

Opposite

B) Avoid (line 11) – keep (it) free (line 24)

Similar

Opposite

C) Counting sheep (line 02) – enjoying sleep (line 02)

Similar

Opposite

D) Watching each minute pass by (line 37) – counting the passing minutes (line 39)

Similar

Opposite

E) Shuteye (line 09) – sleep (line 11)

Similar

Opposite

05. Write **T** (true) or **F** (false).

A) _____ Having one or two nightcaps can help us fall asleep.

B) _____ Sleeping is supposed to be easier if we relax before.

C) _____ Watching time pass by makes us concentrate and sleep soon.

D) _____ Doing a crossword puzzle is supposed to be a calming activity.

E) _____ Tossing and turning can help us fall asleep.

06. Complete the paragraph with some of the following words:

schedule, relax, likely, evening, nightmare, anxious, whether, rules, stressful

_____ **1** _____ we have a light or a solid sleep, we should avoid some actions that can ruin our sleeping nights. We have certain attitudes that can harm them and they should be avoided. According to *Dream On*, if we do not follow some golden _____ **2** _____, we cannot profit from our sweet dreams. However, I find it hard to wake up at the same time every day because I have an evening job and I cannot always go to bed when I am ready to sleep. I do not keep a computer in my room but I love watching TV before falling asleep and I even think it helps me _____ **3** _____. Besides, I sometimes like to have a drink in the evening but if I have more than a dose, I am not _____ **4** _____ to wake up well the next morning. Unfortunately I overwork specially on weekdays and I never have a chance to get ready to sleep peacefully. That means that many times I carry on with my work in a very _____ **5** _____ way while I sleep and dream. It has been a long time since I experienced listening to the clock or watching the time pass by as I usually get to bed and sleep right away.

- 1- _____
- 2- _____
- 3- _____
- 4- _____
- 5- _____

LÍNGUA PORTUGUESA E LITERATURA BRASILEIRA**Questões de 01 a 06**

Uma senhora perua
Kombi completa 50 anos, líder como nunca.

- 01 Ela nasceu no tempo da bossa nova, mas emplacou mesmo na geração
02 *hippie*. De lá para cá, mudou muito pouco. Ganhou novo motor, virou *flex* e até
03 exibe alguma modernidade a bordo. Mas, por fora, continua tal qual nasceu, com o
04 formato que já foi apelidado de “pão pullman”. O volantão de dar nó no braço
05 permanece ali – firme e forte – para ajudar em balizas. Não importa. Ninguém bate a
06 Kombi na preferência nacional!
- 07 No domingo, 2 de setembro, a jovem senhora completou 50 anos. “A
08 Kombi já vendeu 1.290.502 unidades em sua história. É um fenômeno”, anota o
09 site Carsale. Em 2006, as vendas atingiram 19.237 veículos. Os concorrentes de
10 mesma família, somados, não chegam a 18.000. Um dos segredos do sucesso é o
11 preço da Kombi: R\$ 41 mil ante R\$ 70 mil dos rivais mais modernos. Outro ponto a
12 favor é o seu perfil democrático. “É um veículo que atende a todos, do tintureiro ao
13 verdureiro”, afirmou ao *Estado de S. Paulo* o consultor Paulo Garbossa.

In: Revista da Semana, nº 2, de 10 de setembro de 2007, p. 36.

01. Explique as funções sintática e semântica de “senhora” no título do texto “Uma senhora perua”.

- 02.** Considerando o contexto, explique a diferença entre as expressões: “Uma senhora perua” (título) e “a jovem senhora” (linha 7).

- 03.** Explique que recurso o autor utiliza para não cometer erro de paralelismo sintático no trecho:

“Um dos segredos do sucesso é o preço da Kombi: R\$ 41 mil ante R\$ 70 mil dos rivais mais modernos. Outro ponto a favor é o seu perfil democrático.”

- 04.** Leia a seguinte afirmativa de Machado de Assis a respeito de seu conto “A Sereníssima República”, incluído em **Papéis Avulsos**:

“Este escrito (...) é o único em que há um sentido restrito: – as nossas alternativas eleitorais. Creio que terão entendido isso mesmo, através da forma alegórica.” (Machado de Assis, 2006, p.166).

Com base na declaração de Machado de Assis, pode-se afirmar que a alegoria do conto “A Sereníssima República” implica uma sátira política. Justifique.

05. Leia os textos abaixo e responda o que se pede a seguir.

SEU METALÉXICO Economiopia Desenvolvimentir Utopiada Consumidoidos Patriotários Suicidadãos (PAES, José Paulo. Os melhores poemas de José Paulo Paes. São Paulo: Global Editora, 2003, p. 131.)	“UMA VOZ: – (...) Hoje morreremos de miséria e de vergonha! Somos os recrutas da pobreza! Milhões de falidos transatlânticos! Para nossas famílias, educadas na ilusão da A-mé-rica, só há a escolher a cadeia ou o <i>rendez-vous</i> [meretrício]! Há o sui-cí-dio também! O sui-cí-dio ...” (ANDRADE, Oswald de. O Rei da Vela. São Paulo: Globo, 2003, p.107.)
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Embora os textos acima pertençam a obras de épocas distintas, ambos utilizam o mesmo recurso de linguagem e têm em comum uma referência crítica à realidade social. Justifique esta afirmação.

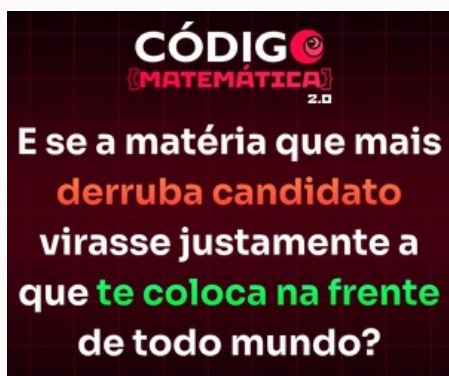
06. Em **Jóias de Família**, de Zulmira Ribeiro Tavares, a personagem Maria Bráulia Munhoz identifica o rubi sangue-de-pombo com o comportamento de seu marido, o juiz Munhoz, pois a vida “por fim lhe havia dado a chave da intrigante natureza da pedra: e a *natureza da pedra era a natureza do juiz*” (TAVARES, 2007, p. 32).

Baseando-se na trama do romance, explique os motivos dessa identificação.

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