

# IBPS BANK CLERKS CWE – IX

PRELIMINARY EXAM - 2020

Duration : 1 Hour

Solved Original Question Paper

Maximum Marks : 100

Held on : 05.12.2020

## PART I - ENGLISH LANGUAGE

*Directions (Qns. 1-8): Read the following passage and answer the following questions based on the given passage. Some of the words are highlighted which would help you to answer some of the questions given.*

A good night's sleep is utmost essential for overall good health. It is the time when the body rests, rejuvenates and recovers. An adult requires 7 to 8 hours of peaceful and quality sleep per day. Sleep deprivation can be defined as inability to complete the sufficient sleep-time required by the person.

Research has shown that even one night of sleep deprivation is equivalent to being intoxicated. Intentional sleep deprivation is mostly seen in young people and teenagers who prefer entertainment over sleep. Many workaholics also consider sleeping as a waste of precious time which is not true. Many a time because of work commitments such as working in night shifts or long hours may also interfere with quality sleep that an individual requires. Medical issues such as chronic illnesses, depression and sleep disorders such as obstructive sleep apnea can also be the reason for sleep deprivation.

You probably already have some understanding of the benefits of rest—and the costs of not getting it. Sleep allows us to consolidate and store memories, process emotional experiences, replenish glucose (the molecule that fuels the brain), and clear out beta-amyloid (the waste product that builds up in Alzheimer's patients and disrupts cognitive activity).

The most common sign and symptom of the fact that one is sleep deprived is fatigue, lethargy and feeling sleepy throughout the day. Other symptoms include mood disorders; sleep deprivation may lead to increasing irritability, desire to stay alone, rapid mood swings and more. Lack of sleep will also cause psychomotor instability meaning the person will find it difficult to focus and stand still at a place. Sleep deprivation will also cause issues with sight and hearing.

An affected person may experience burning sensation in eyes, tingling and redness of eyes, light flashes and even hallucinations. He or she may also find it difficult to gauge distance at which a sound is originating. Other signs and symptoms of sleep deprivation include tingling sensations on the body, disorganization of thought and much more.

Negative effects of sleep deprivation are many. It affects both physical and mental health of a person negatively. The most common effect of sleep deprivation is drowsiness, tiredness, mood swings, irritability and reduced alertness. Although scientific knowledge of the physiological effects of sleep deprivation is relatively recent but researchers now believe that sleep deprivation can lead to disorders such as depression. Both short term sleep deprivation and chronic long term sleep deprivation can be very dangerous for the health as it has a direct impact on functioning of both heart and brain of an individual. Sleep loss also blunted activity in brain regions that normally induce social engagement. During sleep, regeneration of neurons happens in the cerebral cortex. Thus in a sleep deprived individual the brain fails to function optimally.

The simplest and easiest way to treat sleep deprivation is sleep more. Be it acute or chronic condition, a quality good night's sleep will help an individual \_\_\_\_\_ (A) \_\_\_\_\_ effectively. Fighting stress, eating a healthy and a balanced diet, avoiding alcohol are some other dos for a good night's sleep. Certain medications can also interfere with one's sleep thus consult your medical professional about the same. Exercising or indulging in an activity such as jogging, walk or swimming can also help one sleep better. Avoid usage of electronic gadgets before bedtime as they can interfere with one's sleep. Spending time in natural sunlight, Yoga, meditation and breathing exercises can also help one sleep better at night. Treating underlying medical cause if any will also help one sleep better and avoid sleep deprivation.

1. According to the passage, which among the following statements is true?

- A) Sleep allows us to enhance our ability of acquiring knowledge and process emotional experiences.
- B) An adult can function properly only with a quality sleep of 5-6 hours a day.
- C) Sleep deprivation can be cured only with a help of a medical professional.
- D) Both (a) and (b)
- E) All are true

**Explanation**

**Ans : (A)**

Sleep allows us to consolidate and store memories, process emotional experiences, replenish glucose (the molecule that fuels the brain), and clear out beta-amyloid (the waste product that builds up in Alzheimer's patients and disrupts cognitive activity).

2. What is/are the cause(s) of incompetency in a sleep deprived individual's brain?

- i. Clearing out of beta-amyloid that disrupts cognitive activity.
- ii. Sleep deprivation leads to drowsiness, tiredness and reduced alertness.
- iii. Reduction in the regrowth or repair of nervous tissues, cells or cell products in the cerebral cortex.

Select the correct answer :

- A) Only (i)
- B) Only (iii)
- C) Both (i) and (iii)
- D) Both (i) and (ii)
- E) All (i) (ii) and (iii)

**Explanation**

**Ans : (B)**

During sleep, regeneration of neurons happens in the cerebral cortex. Thus, in a sleep deprived individual the brain fails to function optimally.

3. Choose the most suitable phrasal verb to fill the given blank (A) to make the sentence grammatically and contextually correct.

- A) drop back
- B) break out
- C) come forward
- D) bounce back
- E) fall out

**Explanation**

**Ans : (D)**

Bounce back means to return quickly to normal condition after a difficult situation.

4. Which among the followings is true according to the context of the passage?

- A) Fighting stress, eating a healthy and a balanced diet, avoiding alcohol cures depression

- B) Sleep deprivation means a state caused by inadequate quantity or quality of sleep.
- C) Sleep deprivation has negative effects on all the five senses of human body.
- D) Treating prolonged and underlying medical cause can cause sleep deprivation
- E) All are true

**Explanation**

**Ans : (B)**

Sleep deprivation can be defined as inability to complete the sufficient sleep-time required by the person.

5. How can one safeguard oneself from sleep deprivation?

- i. Getting regular exercise during the day
- ii. Refraining from using electronic devices right before bed
- iii. Limiting the consumption of alcohol

Select the correct answer :

- A) Only (i)
- B) Only (iii)
- C) Both (i) and (iii)
- D) Both (i) and (ii)
- E) All (i) (ii) and (iii)

**Explanation**

**Ans : (E)**

Fighting stress, eating a healthy and a balanced diet, avoiding alcohol are some other dos for a good night's sleep. Exercising or indulging in an activity such as jogging, walk or swimming can also help one sleep better. Avoid usage of electronic gadgets before bedtime as they can interfere with one's sleep. Spending time in natural sunlight, Yoga, meditation and breathing exercises can also help one sleep better at night."

**Directions (6-7): Choose the most suitable word that gives the meaning of the highlighted word.**

6. SUFFICIENT

- A) Many
- B) Adequate
- C) Restricted
- D) Limited
- E) Wanting

**Ans : (B)**

7. INDUCE

- A) Hasten
- B) Inspire
- C) Encourage
- D) Advocate
- E) Evaluate

**Ans : (C)**

8. Which of the following word gives the opposite meaning of the given word REPLENISH?

- A) Restore
- B) Exhaust
- C) Recharge
- D) Accelerate
- E) Modify

**Ans : (B)**



