

# 2 PSAT Practice #5

2

"Nod"

## \* Writing and Language Test

35 MINUTES, 44 QUESTIONS

Turn to Section 2 of your answer sheet to answer the questions in this section.

### DIRECTIONS

Each passage below is accompanied by a number of questions. For some questions, you will consider how the passage might be revised to improve the expression of ideas. For other questions, you will consider how the passage might be edited to correct errors in sentence structure, usage, or punctuation. A passage or a question may be accompanied by one or more graphics (such as a table or graph) that you will consider as you make revising and editing decisions.

Some questions will direct you to an underlined portion of a passage. Other questions will direct you to a location in a passage or ask you to think about the passage as a whole.

After reading each passage, choose the answer to each question that most effectively improves the quality of writing in the passage or that makes the passage conform to the conventions of standard written English. Many questions include a "NO CHANGE" option. Choose that option if you think the best choice is to leave the relevant portion of the passage as it is.

Questions 1-11 are based on the following passage.

#### A Nod to Nodding Off

With 30 percent of United States workers not getting enough sleep at night, according to the *Wall Street Journal*, US companies **1** lose a yearly sum of \$63.2 billion annually due to the drop in employee productivity resulting from sleep deprivation. Sleep-deprived workers generally have lower morale and are less able to retain information than their better-rested colleagues.

1

- A) NO CHANGE
- B) see an annual loss of \$63.2 billion each year
- C) lose \$63.2 billion annually
- D) have a yearly loss of \$63.2 billion annually

[1] One of the **2** big reasons behind workers' lack of sleep is the work itself. [2] To combat the problem of sleep deprivation in a demanding work environment, some companies have begun allowing workers to take naps. [3] The hours the average American **3** spend working have increased dramatically since the 1970s, making it hard for many workers to get a good night's sleep. [4] Although employees who sleep on the job are often considered lazy and unproductive, napping in the workplace has been shown to improve workers' efficiency and quality of life. [5] As long as companies continue to demand long hours from **4** workers, and managers should champion napping as a means to keep employees happy, healthy, and functional. **5**

2

- A) NO CHANGE
- B) main things leading up to
- C) huge things about
- D) primary causes of

3

- A) NO CHANGE
- B) have spent
- C) spends
- D) are spent

4

- A) NO CHANGE
- B) workers; managers
- C) workers, managers,
- D) workers, managers

5

To make this paragraph most logical, sentence 3 should be placed

- A) where it is now.
- B) before sentence 1.
- C) after sentence 1.
- D) after sentence 4.

Such a proposition may seem counterintuitive, but, in fact, allowing employees to nap could save companies hours of lost productivity. Studies reveal that napping improves memory and boosts wakefulness for the remainder of the day. **6** Napping can also have a positive effect on mood and overall job satisfaction, while constant drowsiness reduces reaction time and hampers one's ability to concentrate. Employee naps might also lead to reduced health care costs for companies, since regular napping leads to long-term health benefits, **7** and it improves workers' average weekly attendance.

6

At this point, the writer is considering adding the following sentence.

Even fifteen-minute power naps improve alertness, creativity, and concentration.

Should the writer make this addition here?

- A) Yes, because it demonstrates that the benefits of napping can be gained without sacrificing large amounts of work time.
- B) Yes, because it explains the methodology of the studies mentioned in the previous sentence.
- C) No, because a discussion of the type of nap workers take is not important to the writer's main point in the paragraph.
- D) No, because it contradicts the writer's discussion of napping in the previous sentences.

7

Which choice provides a supporting example that reinforces the main point of the sentence?

- A) NO CHANGE
- B) including a lower risk of cardiovascular problems such as heart attack and stroke.
- C) which are essential in an era of rising health care costs.
- D) in addition to making employees more efficient.



Napping at work has already won corporate advocates in the worlds of technology, finance, and news media, and some businesses are beginning to set aside special nap rooms. A few companies, such as Google, have even invested in high-tech nap pods that block out light, play soothing music, and **8** gently waking nappers.

Zephrin Lasker, CEO of the mobile-advertising firm Pontiflex, has observed that employees are happier and more productive since he created a nap room in the company's Brooklyn headquarters. Ryan Hodson of Kodiak Capital Group and Arianna Huffington of the Huffington Post Media Group have promoted napping **9** throughout their workers and have been effusive about the results. In light of the benefits not only to employees' efficiency **10** and again to their health and sense of well-being, these executives' enthusiasm is not surprising. **11** These executives are among the most successful leaders in their respective fields.

8

- A) NO CHANGE
- B) gently wake
- C) gently to wake
- D) gentle waking of

9

- A) NO CHANGE
- B) among
- C) between
- D) into

10

- A) NO CHANGE
- B) but it benefits
- C) as also to
- D) but also to

11

The writer wants a concluding sentence that restates the main argument of the passage. Which choice best accomplishes this goal?

- A) NO CHANGE
- B) Clearly, employers should consider reducing employees' hours when they are overworked.
- C) Companies should consider employee schedules carefully when implementing a napping policy.
- D) More businesses should follow their lead and embrace napping on the job.