

IELTS READING (ACADEMIC)

Instructions

Time: 15–20 minutes

Read the passage carefully and answer the questions that follow.

You must base your answers only on the information in the text.

Questions 1–3: Choose the correct letter A, B, C, or D.

Questions 4–6: Write TRUE, FALSE, or NOT GIVEN.

Write TRUE if the statement agrees with the information.

Write FALSE if the statement contradicts the information.

Write NOT GIVEN if there is no information on this.

Questions 7–8: Answer in no more than three words and/or a number.

Transfer your answers clearly. Spelling matters.

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Reading Passage: The Power of Napping

In today's fast-paced world, sleep is often viewed as a luxury rather than a necessity. Many people sacrifice hours of rest in favor of productivity, believing that working longer means achieving more. However, scientific research suggests that short naps can significantly improve alertness, creativity, and memory.

A nap lasting between 10 to 30 minutes is considered ideal. During this short period, the body enters the first two stages of the sleep cycle—light sleep—without progressing into deep sleep. This allows individuals to wake up refreshed rather than groggy. Studies conducted by NASA revealed that a 26-minute nap improved pilot performance by 34% and alertness by 54%.

Beyond productivity, napping also contributes to emotional well-being. When we are sleep-deprived, our brains struggle to regulate emotions, often resulting in irritability and stress. A brief rest can help reset this emotional balance, allowing people to handle challenges more calmly. In some cultures, such as Spain and Japan, daytime naps are even part of the national tradition, known as “siesta” and “inemuri” respectively.

Despite these benefits, napping is not universally accepted in professional settings. Some employers associate daytime rest with laziness or lack of discipline. Nevertheless, as more companies prioritize employee wellness, nap pods and quiet rooms are becoming

increasingly common in modern workplaces. The shift suggests a growing recognition that rest is not the enemy of productivity—but a vital part of it.

Questions

Multiple Choice (Choose ONE answer only)

1. According to the passage, what is the ideal duration of a nap?

- A. 5 to 10 minutes
- B. 10 to 30 minutes
- C. 30 to 60 minutes
- D. Over 60 minutes

2. The NASA study showed that short naps can:

- A. Reduce the need for night sleep
- B. Increase both performance and alertness
- C. Cause pilots to feel more tired
- D. Disrupt the natural sleep cycle

3. Which of the following statements best describes the author's opinion about napping?

- A. It is unnecessary and should be avoided at work.
- B. It can improve productivity and emotional health.
- C. It is useful only in traditional cultures.
- D. It causes more harm than good.

True / False / Not Given

4. Deep sleep is necessary to gain the benefits of napping.

5. Some companies are beginning to include spaces for employees to rest.

6. Japan discourages napping during work hours.

Short Answer

7. What emotional benefits can napping provide?

8. Name one country where daytime naps are part of the national culture.

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Answer Key & Explanations

1. B – 10 to 30 minutes

✔ Explanation:

The passage clearly states:

“A nap lasting between 10 to 30 minutes is considered ideal.”

This range prevents entering deep sleep, which avoids grogginess.

2. B – Increase both performance and alertness

✔ Explanation:

From the passage:

“A 26-minute nap improved pilot performance by 34% and alertness by 54%.”

That’s a direct mention of both effects – improved performance and alertness.

3. B – It can improve productivity and emotional health

✔ Explanation:

The author describes several benefits of napping: improved alertness, creativity, memory, and emotional regulation.

The conclusion also states:

“Rest is not the enemy of productivity—but a vital part of it.”

So, the author’s tone is clearly positive toward napping.

4. False

✔ Explanation:

The text says short naps (which don’t reach deep sleep) are most effective:

“The body enters light sleep... without progressing into deep sleep.”

This means deep sleep is not necessary for the benefits of napping.

5. True

✔ Explanation:

From the last paragraph:

“Nap pods and quiet rooms are becoming increasingly common in modern workplaces.”

So yes, companies are starting to include rest spaces.

6. Not Given

✔ Explanation:

The passage mentions Japan’s “inemuri” as a cultural practice of napping, but it doesn’t say Japan discourages it. There’s no information about the country’s official attitude at work — so the answer is Not Given.

7. (Emotional benefits)

✔ Answer: It helps regulate emotions and reduces irritability and stress.

Explanation:

“When we are sleep-deprived... A brief rest can help reset this emotional balance.”

8. (Country with a nap tradition)

✔ Answer: Spain or Japan

Explanation:

“In some cultures, such as Spain and Japan, daytime naps are even part of the national tradition.”

Either country is acceptable.

Researched by: Dimple P. of TDDOE