



ADVANCED GCE

ENGLISH LANGUAGE

Exploring, Analysing and Evaluating English

2706/RB

READING BOOKLET

Thursday 24 June 2010
Morning

Duration: 2 hours 15 minutes



- **The first fifteen minutes are for reading the passages in this reading booklet.**
- During this time you may make any annotations you choose on the passages themselves.
- The questions for this examination are given in a separate booklet.
- **You must not open the question paper, or write anything in your answer booklet, until instructed to do so.**
- The Invigilator will tell you when the fifteen minutes begin and end.
- You will then be allowed to open the question paper.
- You will have **two hours** to work on the tasks.
- This document consists of **8** pages. Any blank pages are indicated.

Passage A is a transcription of a conversation in which a group of friends talk about how tiring it is being a new parent.

NICOLA: as a new parent i just find that i just say exhausted
 //
 VERITY: exhausted
 HEATHER: yeah
 //
 NICOLA: every day (.) i never used to use exhausted (.) its almost like (.) its a different kind
 of tiredness now 5
 //
 SIMON: theres others
 NICOLA: theres knackered i find that i use other kind of knackered and they (.) just have
 //
 HEATHER: dont touch it
 VERITY: yeah
 HEATHER: exhausted 10
 SIMON: absolutely exhausted (2) completely knackered
 NICOLA: youre waiting (.) at the traffic lights and its green and (.) youre still sitting there cos
 you dont (.) know what youre doing
 [laughter]
 HEATHER: you mean (.) parenthood is a (.) whole new level of tiredness 15
 [laughter]
 VERITY: absolutely
 NICOLA: youve never known tired til youve ad kids
 HEATHER: okay
 SIMON: you need to speak to a father about it really 20
 [laughter]
 NICOLA: its what it brings with the tiredness (.) its not just that youre tired (.) i mean im im
 youre on another planet
 [laughter]
 NICOLA: and like when i leave here i'll have absolutely no recollection of what weve said 25
 [laughter]
 VERITY: yeah
 //
 NICOLA: i will absolutely not remember
 [laughter]
 NICOLA: in fact i dont even know if im here 30

TRANSCRIPTION KEY

underlined = stressed sound/syllable

// = speech overlap

(.) = micro-pause

(1) = pause in seconds

[*laughter*] = paralinguistic features

TURN OVER FOR PASSAGES **B**, **C** AND **D**

Passage B is a poem by the English poet John Keats (1795–1821).

To Sleep

O SOFT embalmer of the still midnight!
 Shutting with careful fingers and benign
 Our gloom-pleased eyes, embower'd from the light,
 Enshaded in forgetfulness divine;
 O soothest Sleep! if so it please thee, close,
 In midst of this thine hymn, my willing eyes,
 Or wait the Amen, ere thy poppy throws
 Around my bed its lulling charities;
 Then save me, or the passèd day will shine
 Upon my pillow, breeding many woes;
 Save me from curious conscience, that still hoards
 Its strength for darkness, burrowing like a mole;
 Turn the key deftly in the oiled wards¹,
 And seal the hushèd casket of my soul.

5

10

¹wards: part of the mechanism of a lock

Passage C is an extract from a debate in the House of Lords in 2006 on an amendment to the Road Safety Bill.

Lord Renton:

My Lords, I congratulate the noble Baroness on moving the amendment. Although I disagree with its wording, its substance deserves praise. In support of that, I had better make a confession to your Lordships. Four years ago, when I was only 93, I twice fell asleep while driving – twice on the same day. I have never driven since. I was lucky not to have an accident, but I felt that if one had reached the stage at which one did that, one should not drive any more. 5

Lord Davies of Oldham:

My Lords, this has been a most interesting debate on an important issue that the Government take very seriously. First, the amendment suggests that the Government should have a policy in this area. We have one and I want to describe how it works in a moment. The amendment also requires that those taking practical driving tests should be given information about the risks associated with undiagnosed sleep disorders. We ensure that that occurs. 10

The Highway Code provides advice in Rule 80. It states:

“Driving when you are tired greatly increases your accident risk”. 15

It tells drivers to ensure that they are fit to drive and to avoid journeys when they are tired or likely to be so. The Driver and Vehicle Licensing Authority (DVLA) has a publication on the current medical standards of fitness to drive, which includes a section on sleep disorders and makes specific mention of sleep apnoea². The guide is freely available to medical practitioners and the public at large from the DVLA website and the DVLA also has a leaflet, Tiredness Can Kill, for drivers and that is distributed to sleep clinics. 20

The amendment is concerned with undiagnosed sleep disorders. We know that sleep does not normally occur suddenly or without warning although, as the noble Lord, Lord Renton, said, when it does it comes as a severe shock to the normally safe driver. People are very well advised to take medical advice immediately or to do what the noble Lord did, which was to decide that he ought not to drive if he was vulnerable in that way. We run publicity campaigns to highlight the dangers of falling asleep at the wheel. The most recent major campaign was launched last Easter, on which more than one third of a million pounds was spent. Noble Lords will also be aware that in certain crucial parts of our motorway system we have warning signs saying that tiredness can kill. We are aware of the percentage of accidents where it is fairly clear that loss of concentration has gone beyond that of just concentration when the accident occurred. 25 30

²apnoea: a physical condition when breathing stops

Passage D is taken from a web-site offering advice for people unable to sleep.

Top Ten Tips For Beating Insomnia

1. If you have an alarm clock with a large bright display, place it out of sight. The last thing you need when trying to sleep is a constant reminder of how late it is – stressing over being awake will keep you awake!
2. Eliminate as much light as possible, including light from alarm clocks and VCR panels. 5
3. If your sleep is interrupted by outside sounds, try masking them with the sound of an air fan, a radio tuned to static, or by using a white noise machine.
4. Keep a moderate ambient temperature – if it's too hot or cold your body won't want to relax. 10
5. Avoid stimulants such as caffeine or nicotine. It's best to abstain from these altogether but if you can't then try to avoid them after late afternoon/early evening.
6. Even if you're tired during the day don't take naps as this will make it harder for you to get to sleep at night.
7. Don't exercise too close to bedtime (at least 3 hours) as your body needs time to wind down and will keep your mind awake. 15
8. Adopt a 'going to bed' routine, a ritual that signals your brain that the day is ending and it's time to shut down. Don't do any work or any puzzle-solving during this ritual.
9. Only use your bed for sleep. Don't fill your bedroom with computers, TVs or anything not to do with restful activities. 20
10. If you haven't dropped off to sleep within half an hour, don't lay there stressing over it. Get up and do something relaxing until you feel sleepy.

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