

COMPREENSIÓ DE TEXTOS ESCRITS (CTE)

PART 1. MULTIPLE CHOICE. Read the following text and then decide which of the options (A, B or C) best fits each space.

A Bedtime Story That Works

Getting small children to eat or sleep is probably the most difficult thing in the world. Sleep in particular can be a major problem for parents. One study calculated that parents of small children can lose up to 16 nights of sleep every month in the first three years.

There are already hundreds of books on the subject of getting children to sleep, but a new self-published book by the Swedish author and psychologist Carl-Johan Forssén Ehrlin is a number one best-seller on Amazon. The book is called *The Rabbit Who Wants to Fall Asleep*. In 26 pages, it tells the story of Roger the Rabbit who goes with his mum to his Uncle Yawn's house to learn how to fall asleep. Along the way he meets other characters who give him advice on the best way to fall asleep.

Ehrlin says the idea came to him on a trip with his mother in the car. He used some relaxation techniques that he developed to help her relax and she fell asleep. Then he got an idea. He thought about how he could use these techniques on children. He said that they stopped at a restaurant and he wrote all his ideas down on a napkin. It took him three and half years to come up with the perfect story.

The aim of the book is to make children relax. It can be used at night or for afternoon naps. Parents should read the book to their children following language patterns and using carefully researched psychological techniques. The book instructs parents to yawn frequently, emphasise specific words, read parts in a slow, calm voice when they appear in italics, and use gestures which children have to copy.

It is the first time a self-published book has reached the number one spot on Amazon. The reviews from parents on the site and on other social media who have used the book are very enthusiastic.

1. In the first three years of their child's life ...

- A) parents don't get enough sleep.
- B) parents spend months trying to get to sleep.
- C) parents only sleep for 16 nights a month.

2. Carl-Johan Forssén Ehrlin is a ...

- A) publisher.
- B) salesman and Amazon reviewer.
- C) writer.

3. He first got the inspiration for the book ...

- A) at a restaurant.
- B) while helping a family member.
- C) while he was driving.

4. While they're listening to the story, children should ...

- A) do the same actions as their parents.
- B) read the story with their parents.
- C) yawn a lot.

5. The book was published ...

- A) by Amazon.
- B) by a Swedish company.
- C) by the author himself.

KEY

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1A 2C 3B 4A 5C

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