

Read the text about the biological clock. Some of the lines are correct; some have a word, which should not be there. Write this word in the box next to the line. If the line is correct put a tick (✓) in the box.

The biological clock



- 1 Humans have biological clocks that control their daily rhythms. Some
- 2 functions, like sleeping and waking yourself up have a 24-hour rhythm.
- 3 Others, especially the illnesses, have a yearly rhythm. Cold and flus, for
- 4 example, often happen in winter. While most people get measles during
- 5 the spring and summer.
- 6 When travelling by plane you should often cross many time zones. During
- 7 such trips your internal clocks don't seem to work always properly. We
- 8 call this jet lag. It makes you feel tired and it may take your body's
- 9 biological clock several days to get it used to the new place.
- 10 People who work night shifts can also have problems with their
- 11 biological clocks. In general, they may not be as alert or active as such
- 12 people who work during the daytime. They also have more accidents
- 13 during the work. In some cases, they experience more health and
- 14 sleeping problems than other people.
- 15 By using the right medicine you can even fight off problems that are
- 16 connected with different times of day. When heart attacks and strokes
- 17 often happen in the morning– between the time you may get up
- 18 and noon. Asthma often just occurs between midnight and the morning
- 19 hours. So when people with weak a heart disease take their medicine
- 20 right after waking up it might prevent a heart attack.
- 21 Biological clocks control over many rhythms of life. We are constantly
- 22 learning more and even more about these rhythms. Doctors are looking
- 23 for new ways to make travelling more than comfortable and medical
- 24 treatment more effective.

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4	example, often happen in winter. While most people get measles during	while
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