

# H31-311\_V2.5 Exam Tests | H31-311\_V2.5 Reliable Exam Camp

Tài liệu được tổng hợp bởi thầy Đông - GV ôn chuyên - zalo 0983615382

- B. Adults should aim for 7-9 hours of sleep per night  
C. Adults should aim 7-9 hours sleep per night  
D. Adults should aim sleep of 7-9 hours every night
- Question 21:** A. to include regular check-ups and screenings  
B. with including regular check-ups and screenings  
C. include regular check-ups and screenings  
D. including regular check-ups and screenings
- Question 22:** A. In summary      B. Instead of      C. In contrast      D. Even though
- Question 23:** A. contributes to living      B. contributes to live  
C. contributes living      D. contributes for living
- Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 24 to 28.*

## The Importance of Sleep

For about one third of your life, your eyes will be closed. You will not move very much. You will breathe very slowly. You will be quiet. In other words, for about one third of your life, you will be asleep.

Why do we sleep so much? What is the purpose? Scientists do not have a complete answer. They believe that sleep (24) \_\_\_\_\_ your energy and helps your brain work better. If you do not sleep enough, you cannot (25) \_\_\_\_\_ on your work, and you feel tired all day. Without enough sleep, you are also more likely to get sick.

Sleep is important for normal development. This means (26) \_\_\_\_\_ children need a lot of sleep in order to grow up strong and healthy. During the first two weeks of life, babies sleep for about 16 hours every day. This changes as they grow and need less sleep. Teenagers still need about 9 hours of sleep every night, but (27) \_\_\_\_\_ adults need less - only about 8 hours. After about the age of 70, they only sleep for about 6 hours every night.

All animals need sleep. (28) \_\_\_\_\_ there is great variation in how much they sleep. For example, some big snakes sleep for more than 18 hours a day. Sheep only sleep for about 4 hours, and giraffes sleep less than 2 hours a day! Pigs sleep for 8 hours a day just like adult humans.

*Adapted from Making Connections*

- Question 24:** A. spreads      B. suffers      C. restores      D. releases  
**Question 25:** A. treat      B. relax      C. vaccinate      D. concentrate  
**Question 26:** A. which      B. that      C. whom      D. whose  
**Question 27:** A. most      B. each      C. some      D. much  
**Question 28:** A. but      B. so      C. because      D. although

*Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 29 to 33.*

Our body clock, also known as the circadian rhythm, is an internal system that regulates our sleep-wake cycle, influencing various physiological processes. This biological clock is primarily influenced by external cues such as light and temperature, aligning our body's functions with the day-night cycle. For instance, exposure to natural light in the morning signals the body to wake up and be alert, while the absence of light in the evening triggers the production of melatonin, a hormone that promotes sleep.

Maintaining a consistent circadian rhythm is crucial for overall health. Disruptions to it, such as those caused by shift work, travel across time zones, or irregular sleep patterns, can lead to various health issues. These disruptions can affect sleep quality, mood, and cognitive functions, and over time, may contribute to more serious conditions such as obesity, diabetes, and cardiovascular diseases. Therefore, it is essential to follow a regular sleep schedule, ensure exposure to natural light during the day, and minimize light exposure at night to keep the body clock in sync.

Moreover, the circadian rhythm also regulates other bodily functions, including hormone release, eating habits, and digestion. Studies have shown that our body clock influences the timing of meals, and eating at irregular times can disrupt metabolic processes. For optimal health, it is recommended to eat meals at consistent times each day and avoid late-night eating. By understanding and respecting it, we can improve our sleep quality, boost our overall health, and enhance our daily performance.

Reference: <https://www.nigms.nih.gov>

3

LIVEWORKSHEETS

BONUS!!! Download part of Pass4Leader H31-311\_V2.5 dumps for free: [https://drive.google.com/open?id=1C3pFEIbP7RoX\\_qJLTgch5P7V1LLqBQvd](https://drive.google.com/open?id=1C3pFEIbP7RoX_qJLTgch5P7V1LLqBQvd)

Using our H31-311\_V2.5 study braindumps, you will find you can learn about the knowledge of your exam in a short time. Because you just need to spend twenty to thirty hours on the practice exam, our H31-311\_V2.5 study materials will help you learn about all knowledge, you will successfully pass the H31-311\_V2.5 Exam and get your certificate. So if you think time is very important for you, please try to use our H31-311\_V2.5 study materials, it will help you save your time.

Huawei H31-311\_V2.5 dumps PDF version is printable and embedded with valid Huawei H31-311\_V2.5 questions to help you get ready for the H31-311\_V2.5 exam quickly. HClA-Transmission V2.5 (H31-311\_V2.5) exam dumps pdf are also usable on several smart devices. You can use it anywhere at any time on your smartphones and tablets.

>> H31-311\_V2.5 Exam Tests <<

## H31-311\_V2.5 Study Materials - H31-311\_V2.5 Quiz Bootcamp & H31-311\_V2.5 Quiz Materials

Before you buy our product, you can download and try out it freely so you can have a good understanding of our H31-311\_V2.5 test prep. In such a way, the client can visit the page of our H31-311\_V2.5 exam questions on the website. So the client can

understand our H31-311\_V2.5 Exam Materials well and decide whether to buy our H31-311\_V2.5 training guide or not since that they have checked the quality of our H31-311\_V2.5 exam questions. We provide the best H31-311\_V2.5 learning guide to our client and you will be satisfied.

## Huawei HCIA-Transmission V2.5 Sample Questions (Q344-Q349):

### NEW QUESTION # 344

D1 to D12 are digital communication channel bytes. D1 to D6 are used in the regenerator section, and D7 to D12 are used in the multiplex section.

- A. FALSE
- B. TRUE

**Answer: B**

### NEW QUESTION # 345

Which of the following is affected by changing the element ID of OSN3500 on NMS?

- A. NE time is out of sync.
- B. Interruption of business.
- C. Restart your device.
- D. Network element communication is interrupted.

**Answer: D**

### NEW QUESTION # 346

Which of the following options are the advantages of arrayed waveguide gratings? (Multiple choice)

- A. Low insertion loss
- B. Passband flatness
- C. Many channels
- D. Small wavelength interval

**Answer: B,C,D**

### NEW QUESTION # 347

When using scripts to back up and restore the network configuration data of the U2000, you can change the directory where the exported files are saved.

- A. True
- B. False

**Answer: B**

### NEW QUESTION # 348

Which of the following are the logical function modules involved in clock information processing? (Multiple choice)

- A. RST
- B. MCF
- C. SETS
- D. SPI

**Answer: C,D**



What's more, part of that Pass4Leader H31-311\_V2.5 dumps now are free: [https://drive.google.com/open?id=1C3pFEIbP7RoX\\_qJLTgch5P7V1LLqBQvd](https://drive.google.com/open?id=1C3pFEIbP7RoX_qJLTgch5P7V1LLqBQvd)