

CLAT 2020 Test Series Plan

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Reading Comprehension Questions for CLAT Exam.

Passage for CLAT Set 10

Direction: Read the following passage carefully and answer the questions that follow.

Whether or not you realize it, anxiety impacts the quality of your sleep—and that includes your dreams. In fact, if you've noticed that you've been having particularly strange dreams. But why is this, and is there anything we can do about it?

Before we get into our weird stress-related dreams, it is vital to the reason of dreaming. "People have been trying to understand dreams for centuries," says Ravi Shah, MD, a psychiatrist at Columbia University and the chief medical officer at Mantra Health. "Freud said that dreams represent 'the day's remnant.' That is, we typically dream about things that are at least partially related to something that has happened in the last 24 to 48 hours, or something that we are anticipating."

Though typically, most people know that others don't really want to hear about their dreams, since the start of the global pandemic, it appears to be a more frequent topic of conversation—probably because it's something so many people are experiencing.

You've probably heard the term "sleep hygiene," and according to Wayne Pernell, PhD, a psychologist and sleep expert, now is the time to put it into practice if you haven't already. Nothing involved with having good sleep hygiene is new or surprising—it's all the usual stuff we know we should be doing, like not exercising a few hours before going to bed, avoiding alcohol, and limiting screen time before hitting the sack. But what is especially helpful about the practice, Pernell says, is recognizing the control that you actually have over your sleep, even if it's limited.

Also, as Dr. Madan notes, acceptance is the first step in dealing with these types of dreams. "We must acknowledge that these are a result of the stressful times we are in," he says. "Take good care of yourself and try to lower your stress level. Try to talk through about your thoughts with a loved one or a therapist. The more we process these thoughts consciously, the less they might bother us at night."

IRT is a cognitive-behavioral treatment designed to reduce the number and intensity of nightmares, and is frequently used for people with recurring nightmares resulting from post-traumatic stress disorder (PTSD). If you want to try something similar on your own, O'Neill uses a technique with her clients that involves rewriting the narrative of a dream or nightmare the morning after you have it, so that you feel a bit more control over the experience of having that dream.

[Extracted, with edits and revisions, from realsimple.com, article: Having Weird Dreams Lately? Here's Why, and What You Can Do About Them]

1. According to the author what can we do about the anxiety dreams?

- A. Avoiding alcohol, and limiting screen time before hitting the sack
- B. Not exercising a few hours before going to bed
- C. Talking to our loved one about the anxiety we face
- D. Maintaining good sleep hygiene and sorting the stress we experience

2. According to the author why do we dream at all?

- A. Because of the pandemic, the stress caused compels one to dream
- B. Anything we were thinking during the day occurs as a dream in our sleep
- C. When we don't maintain enough hygiene to results in dream
- D. When we are stresses up during the day, it becomes a dream.

3. Why according to the passage many people talk about their dreams?

- A. As dreams cause anxiety and stress
- B. As talking about it would solve the problem of anxiety dreams
- C. As most of the people experience dreams
- D. As more and more people are interested in this conversation regarding the dreams

4. Which of the following summarizes the passage?

- A. The causes of anxiety dreams
- B. The influence of anxiety on our daily life
- C. The reasons of dearth of sleep
- D. Anxiety dreams and ways to come over them

5. What does the word 'remnant' as used in the passage mean?

- A. Reminders or residue
- B. Fragment
- C. Perception
- D. Summary

Correct Answers

1	2	3	4	5
D	B	C	D	A

Explanations:

1. Maintaining good sleep hygiene and sorting the stress we experience.

From the third paragraph it can be clearly concluded that options A, B and C represent only portions of the measures that have been suggested by scientists in order get a good sleep, whereas option D answers the question completely.

Hence the answer is option D.

2. Anything we were thinking during the day occurs as a dream in our sleep.

Option A and option C are totally irrelevant.

According to the second paragraph scientists have said that our thoughts and perceptions during the day become a dream or anything that we are related to.

Hence the answer is option B.

3. As most of the people experience dreams

As it is clearly expressed in the third paragraph that many people witness dreams and conversate about them, option C is the most relevant option. Option A, B and D are totally absurd.

Hence the answer is option C.

4. Anxiety dreams and ways to come over them

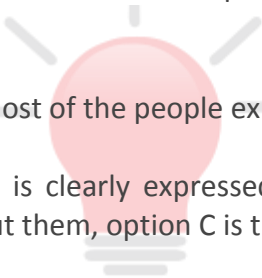
Option D explains the overall form of the passage whereas options A, B and C are concentrated to limited areas.

Hence the answer is option D.

5. Reminders or residue

As the author has described the dream to be leftovers of our day, option A is the most relevant answer.

Hence the answer is option A.



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