

SBI MAINS TARGET 2018

Everyone needs quality sleep every single night, but lifestyle ...(1)... and hurdles make sleep disorders more common than good sleep. This poor sleeping pattern has serious ...(2)... on our health, and the first thing we ...(3)... is unhealthy weight gain or weight loss, low concentration, and mood swings. If you have ...(4)... sleeping ...(5)... every day and this lack of sleep is ...(6)... your day-to-day routine, then you may be suffering from one of the many (and most common) sleep disorders. You will be surprised to know that there are many more sleep disorders than just insomnia and sleep apnoea. There are ...(7)... sleep disorders and their ...(8)..., You should take proper ...(9)... before they take a ...(10)... on your life.

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|------------------|-------------|------------------|--------------|---------------|
| 1. 1) cozen | 2) choices | 3) abjure | 4) deter | 5) rustic |
| 2. 1) coerce | 2) rampage | 3) repercussions | 4) rattle | 5) assent |
| 3. 1) covert | 2) denounce | 3) bleak | 4) notice | 5) point |
| 4. 1) mutilate | 2) trouble | 3) rear | 4) dismay | 5) cozy |
| 5. 1) utmost | 2) in | 3) for | 4) at | 5) almost |
| 6. 1) glimmering | 2) gamut | 3) fortifying | 4) affecting | 5) cascading |
| 7. 1) bland | 2) copious | 3) various | 4) alternate | 5) growing |
| 8. 1) warning | 2) symptoms | 3) signs | 4) indicia | 5) indication |
| 9. 1) treatment | 2) healing | 3) hubris | 4) overt | 5) regimen |
| 10. 1) abject | 2) toll | 3) barge | 4) muse | 5) poised |

In a major breakthrough, a team of researchers, _(1)_one of Indian origin, has identified two chemicals that can help _(2)_heart cells that can beat harder, faster and stronger, bringing technology one step closer to regenerating damaged hearts. Scientists from Gladstone Institute of Cardiovascular Disease, in San Francisco, US, tested 5,500 chemicals, and identified two that can potentially transform a scar tissue into healthy beating heart muscle -- a discovery that can help find new and _(3)_treatments for heart failure. The two chemicals _(4)_eightfold the number of heart cells created, as well as sped up the process of cell conversion, achieving in one week what used to take six to eight weeks, the study said. "The study discovered that _(5)_inhibiting two biological pathways active in embryonic formation _(6)_the speed, quantity, and quality of the heart cells produced from our original process," said senior author, Director of the Gladstone Institute of Cardiovascular Disease. After suffering a heart attack, the connective _(7)_develop scar tissue, which then contribute to heart failure. When the heart muscle gets_(8)_, the body is unable to repair the dead or injured cells. According to researchers, the first chemical inhibits a growth factor that helps cells

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grow and divide and is important for repairing tissue after injury. The second chemical inhibits an important pathway that regulates heart development.

By combining the two chemicals with the current method -- of reprogramming connective tissue cells into heart muscle cells using certain proteins -- the researchers (9) regenerated heart muscle and greatly improved heart function in mice that had suffered a heart attack. In addition, the chemicals were also used to improve direct cardiac reprogramming of human cells, which is a more complicated (10) that requires additional factors, the researchers noted in the paper published in the journal *Circulation*.

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|---------------------|--------------------|-----------------|-------------------|------------------|
| 1- (1) containing | (2) in addition to | (3) among | (4) including | (5) rejecting |
| 2- (1) decline | (2) growing | (3) flourishing | (4) stunt | (5) develop |
| 3- (1) productivity | (2) impotent | (3) effective | (4) agile | (5) ambidextrous |
| 4- (1) increased | (2) additional | (3) augment | (4) raise | (5) elevating |
| 5- (1) hilarious | (2) chemically | (3) chaotically | (4) illustrations | (5) supremely |
| 6- (1) improves | (2) meliorate | (3) develop | (4) reduces | (5) upgraded |
| 7- (1) grain | (2) weave | (3) twill | (4) edging | (5) tissues |
| 8- (1) rogue | (2) damaged | (3) ironical | (4) impair | (5) mended |
| 9- (1) successfully | (2) favourable | (3) opportunely | (4) profitably | (5) auspicious |
| 10- (1) boisterous | (2) motive | (3) sloth | (4) process | (5) foment |

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