Night Shift

Read the text about the night shift and choose the best word for each space.

Some people have to work (1) _____ night. This is not very healthy because we are made to be active in the day and to rest at night. If we do the opposite, it can have a bad effect (2) _____ a person's health. So, why do people do the night shift?

Nowadays, many businesses offer a 24-hour service such (3) _____ hotels, hospitals and some supermarkets. However, humans are most active in the middle of the day, and the time (4) _____ they are least able to concentrate and work well is between 2 am and 4 am. This is because the body finds it very difficult to change to (5) _____ opposite cycle and this will cause a lot of stress.

Unfortunately, things are not going to get better in the future because more and more businesses are working 24-hour cycles to keep (6) _____ with our 24-hour society.

1. A at B on C in
2. A with B on C at
3. A as B the C for
4. A who B where C when
5. A a B the C an
6. A up B down C over