

Sleep tight!

Warm up

Introduce the topic of sleep by asking one student the following questions:

How many hours did you sleep last night?

Was this more or less than normal?

Did you wake at all during the night?

Do you remember what you dreamed?

Did you feel tired or refreshed when you woke up?

Ask that student in turn to put the same questions to another student. Repeat the process a few more times. **Variation:** Each time a student puts the questions they have to substitute one of the five with one of their own, **but on the same topic.** For example, instead of 'Did you feel tired or refreshed ...' they ask, 'Do you ever have a nap during the day?'

Main activities

Students can do some of these activities in pairs or small groups.

- 1** Give out the activity sheets. Ask students to note down their answers to each question. They could go through the questions alone before comparing with a partner, or they could discuss them in pairs or small groups.

Answers

- 1** FALSE A typical person spends a third (33%) of his/her life asleep.
2 FALSE Sleepwalking is more common among children than adults.
3 TRUE
4 FALSE Women are more likely than men to have bad dreams (or perhaps they are just more likely to admit it!).
5 TRUE
6 FALSE But it can be dangerous to let them walk near an open window!
7 TRUE But this is not REM sleep.
8 FALSE Women remember more of their dreams than men.

- 2** Ask students to complete the multiple-choice topic vocabulary exercise. A competitive element can be added by doing the exercise in pairs or teams, with a time limit. Teams then mark each other's papers and a winner is declared.

Answers

- 1** A **2** B **3** D **4** A **5** A

- 3** Introduce the text on powernaps by asking the students these questions:
How many hours do you usually sleep a night?
How do you feel if you don't get enough sleep?

Read the introduction aloud with the whole class. Discuss their answers to the three introductory questions before they go on to read the rest of the text. Students then read the text and answer the multiple-choice questions.

Suggested answers

Introductory questions

- Because they are busier and there are things to do and places to go 24 hours a day.
- We find it difficult to work or to concentrate and eventually our health is affected.
- Perhaps take a few minutes of complete rest in a quiet room, or go for a walk or jog to 'wake themselves up'.

- 1** C **2** A **3** D **4** C **5** B **6** A **7** D **8** C
9 A **10** C

Follow up

Write or dictate this letter from a 'problem page' in a magazine and ask students to write Susie's reply (in about 100 words).

*Dear Susie,
 I'm a student with a part-time job at a coffee bar during the day. Every time I sit down in the evening to study I feel very sleepy and often doze off over my books. I have some important exams in a few weeks, and I need to study. What should I do?*

Sleep tight!



- 3** Read the introduction to this article about powernaps.

According to a recent report, we are getting less sleep than we used to – an average of 90 minutes less per night. Lack of sleep can cause all kinds of problems: it can make us less efficient and less creative; it can cause us to become bad-tempered, even depressed. In the longer term, say the researchers, sleep deficiency can lead to ill health, accidents and divorce.

- Why do you think people today sleep less than people in the past?
- What happens to us if we don't get enough sleep?
- What should busy people do if they feel tired during the day?

Read the rest of the text and choose the correct word, A, B, C or D for each space.

So why are we sleeping (0)? The report blames our 24/7 society: the fact that people (well, some people) can work, (1) shopping or have fun 24 hours a day, 7 days a week.

Supermarkets, bars, clubs and petrol stations stay open late, and there are TV and radio (2) broadcasting around the clock. So bedtime is when the club closes or the TV programme finishes, not (3) you feel tired.

But the reality is, we need our sleep, and if we don't get enough of it, our performance at work or at school suffers, and so, eventually, does our (4)

One American company has seen (5) business opportunity in this 'tired-out society'. Metronaps offers (6) New Yorkers so-called 'powernaps' – that is, short periods of sleep during the day which are supposed to refresh and re-energise them to (7) on working.

After (8) \$14 the customer goes into a darkened room and lies in a special bed called a 'sleeping pod' for 20 minutes, which is fine as long as you are (9) to fall asleep. The problem comes if you just lie (10) for the whole 20 minutes, worrying about having wasted \$14!

- 1** Are these statements True or False?

- | | T | F |
|---|--------------------------|--------------------------|
| 1 A typical person spends a quarter (25%) of his/her life asleep. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Sleepwalking is more common among adults than children. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 REM sleep is the name used for the periods of sleep when we dream. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Men are more likely to have bad dreams than women. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 An average person has more than 1,000 dreams every year. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 It is dangerous to wake a sleepwalker. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 The deepest sleep happens shortly after we fall asleep. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Men remember more of their dreams than women. | <input type="checkbox"/> | <input type="checkbox"/> |

- 2** Read these sentences and choose the correct word, A, B, C or D for each space.

- 1** Are you children still awake? It's 10 o'clock.A..... to sleep at once!
A Go ✓ **B** Make **C** Have **D** Take
- 2** These problems you are having could be caused by: you are simply not getting enough sleep.
A tiring **B** tiredness **C** tire **D** tired
- 3** If I drink coffee late in the evening it me awake.
A makes **B** gets **C** lets **D** keeps
- 4** Excuse me for yawning, but I didn't get sleep last night.
A much **B** many **C** some **D** a
- 5** 'Is the baby still awake?' 'No, I'm happy to say she's fast'
A asleep **B** sleeping **C** slept **D** sleepy

- 0** **A** few **B** not **C** less ✓ **D** none
1 **A** make **B** have **C** go **D** commit
2 **A** stations **B** canals **C** media **D** emissions
3 **A** how **B** that **C** what **D** when
4 **A** illness **B** self **C** health **D** force
5 **A** one **B** a **C** an **D** the
6 **A** busy **B** occupied **C** tiring **D** broken
7 **A** increase **B** continue **C** get **D** carry
8 **A** charging **B** costing **C** paying **D** pricing
9 **A** able **B** capable **C** possible **D** interested
10 **A** tired **B** asleep **C** awake **D** refreshed

EXAM PART
Reading Part 5

EXAM SKILLS
Reading for
grammar and
meaning,

Multiple-choice
questions

TOPIC
Sleep; dreaming;
tiredness

TIME
50 minutes

KEY LANGUAGE
Lexical grammar
(collocations, word
families, quantifiers)

Topic vocabulary

PREPARATION
One photocopy of
the activity page for
each student