



'Routine' is usually seen as a negative term nowadays.

largely because we no longer belong to a society of nine-to-livers. We live in what is fast becoming a 24-hour society, where everything is open all hours. You can buy your groceries at midnight, book your holiday on the Internet at 3 am, and do business online at the crack of dawn. Before you join the 24-hour revolution, however, take a minute to listen to what your body is trying to tell you – that a round-the-clock lifestyle is not what nature intended.

In an area of our brains called the hypothalamus, we have a 'body clock' that controls our body's natural rhythms. It tells us when it's the right time to eat, sleep, work and play. It plays an important part in our physical and psychological well-being. It is, in fact, what makes us tick and it controls many things including our hormones, temperature, immune functions and alertness. It synchronises all these like a conductor with an orchestra. It regulates tempo and brings in all the different instruments on time to make music rather than random noise. If we try to ignore our body clocks, or even to switch them off for a while, we not only deprive ourselves of much needed rest but we also run the risk of seriously damaging our health.

Ignoring your body clock and changing your body's natural rhythms can not only make you depressed, anxious and accident-prone, it can lead to much more serious health problems. For example, heart disease, fatigue, ulcers, muscular pain, and frequent viral infections can all result from trying to outsmart our body clocks. Altering our patterns of sleeping and waking dramatically affects our immune system. While we sleep the body's repair mechanisms are at work, when we are awake natural killer cells circulate around our bodies and cause more damage. Our digestive system is affected, too – high levels of glucose and fat remain in our bloodstream for longer periods of time and this can lead to heart disease.

Unfortunately, we were not designed to be members of a 24-hour society. We can't ignore millions of years of evolution and stay up all night and sleep all day.

We function best with a regular pattern of sleep and wakefulness that is in tune with our natural environment. Nature's cues are what keep our body clocks ticking rhythmically and everything working in harmony. So, next time you think a daily routine is boring and predictable, remember that routine may well save your life in the long run.

- a. Is it important to have a standard daily routine?
- b. Why/Why not?

READ THE TEXT. FOR QUESTIONS 1-8 CHOOSE THE CORRECT ANSWER

1.-According to the text, what is one of the advantages of living a 24-hour lifestyle?

- A. You never have to worry about arranging your holidays.
- B. You can do office work as early or as late as you like.
- C. Shopping can be delivered to your home anytime
- D. People don't work from nine to five anymore.

2.- What does *it* in line 12 refer to?

- A. our body's natural rhythms
- B. the hypothalamus
- C. our body's biological clock
- D. our brain

3.- What does the word **tick** in line 14 mean?

- A. check
- B. motivate
- C. select
- D. function

4.- In what way is our body clock like the conductor of an orchestra?

- A. It regulates the actions of the hypothalamus
- B. Its timing has to be very exact
- C. It affects our response to music.
- D. It helps the body's functions to work together

5.- If we change our sleep patterns, we

- A. will get an infection
- B. will disturb our immune system
- C. Will get heart disease
- D. get high levels of dangerous cells.

6. What happens during sleep?

- A. The body destroys lots of harmful cells
- B. High levels of glucose and fat are created
- C. Our body clock shuts down temporarily
- D. The daily damage to the body is mended

7. According to the text, we should

- A. do things when our body tells us to.
- B. organise our body clock shuts down temporarily
- C. use the natural environment to work out a regular routine
- D. have a boring, slow-paced lifestyle

8.- According to the text, our body clock

- A. can be changed without harm
- B. determines when we should do things
- C. helps us to fight sleep
- D. is a boring routine

VOCABULARY

Match the words in column A to those in column B to make collocations

A	B
SPLITTING	POISONING
BLACK	WRIST
SPRAINED	BLEED
TRAVEL	COLD
PULLED	HEADACHE
FOOD	SICKNESS
SORE	MUSCLE
STREAMING	EYE
NOSE	THROAT

Idioms & Fixed phrases

Fill in the words from the list. Then explain the phrases formed with words in bold

Mouth	-	finger	-	stomach	-	tooth	-	chest	-	bones
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1. Martin loves chocolate and biscuits – he's really got a **sweet** _____
2. Thanks for listening. I needed to **get that off my** _____
3. There's something wrong with the car, but I just can't **put my** _____ on what it is.
4. Surgeons need to have a **strong** _____, because they can't let the sight of blood injuries upset them.
5. I'm sure something is going to go wrong today. I can **feel it in my** _____.
6. I didn't say that. Please don't **put words into my** _____.

Underline the correct word then explain the phrases

1. At the start of the meeting the boss told a few jokes **to break the ice/pace**.
2. Debbie **has** **itchy feet/boots**- she never stays in one place for more than a year or two before she goes travelling again.

Complete the sentences, using the words in bold.

You must use between two or five words, including the word given. Do not change the word in bold.

1. Mildred didn't go to hospital, it was only a minor injury.
HAVE
Mildred _____ to hospital, it was only a minor injury.
2. "I feel better after taking that medicine," said Steven
HAD
Steven said that taking the medicine _____ good.

