

S18-1 Listening

1. Critical for memory in at least three different ways
2. To actually get your brain ready
3. Because we also know that you need sleep
4. Cementing those memories into the architecture of those neural networks
5. And here we can speak about two different structures within the brain
6. The second structure that we can speak about is called the cortex
7. And during the day we're going around them gathering lots of files
8. But there is another mechanism that we've become aware of cement those memories into the brain
9. And what they heard was remarkable
10. Almost 10 times faster
11. Sleep will actually cleverly interconnect new memories together

Grammar

1. Я приду туда, хочешь ты этого или нет.

I will go there, _____

2. Вымоешь ли ты посуду (wash the dishes) или застелишь кровать (make the bed) , мама будет счастлива.

_____, mother will be happy.

3. Поедите ли вы на поезде (go by train) или на самолете (go by plane), вам понадобится 5 часов, чтобы добраться до центра Москвы.

_____, you will need 5 hours to get to the centre of Moscow.

4. Занимаетесь ли вы бегом (go running) или йогой (do yoga), без правильной диеты вы не увидите результата.

_____, you won't see results without healthy diet.

5. Нравится тебе это или нет, а я буду делать по-своему.

_____, I will do it my way.

Vocabulary

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strengthen	at	keep	button	consolidation	
absorbs	signature	stick	on	come	seems

1. When my alarm goes off, I hit the snooze _____ several times.
2. I'm not good ____ cooking.
3. Save the files onto your USB _____.
4. This kind of sponge _____ information very well.
5. Put the _____ at the bottom of this page.
6. _____ listening to this sound for a bit longer.
7. Everyday revision can _____ the memory.
8. I can't _____ up with the solution to this problem.
9. Don't worry, just sleep _____ the problem and you'll find the answer.
10. This exercise is for _____ of the material.
11. It _____ to be the right answer.

Speaking

1. How well do you sleep at night? What was your sleeping routine when you studied for exams?
2. How does the quality of sleep influence your mental ability?
3. How can we improve our sleep?

Full video

