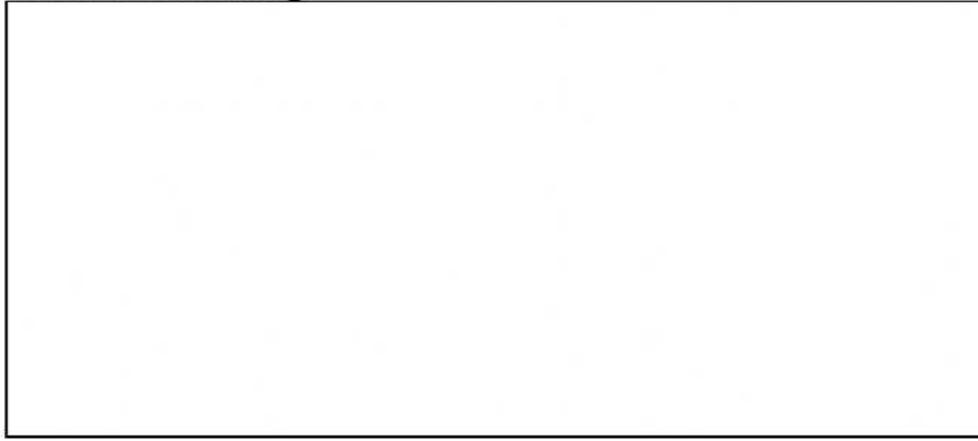


## **S18-2 Listening**



1. Studies have actually told us that sleep is critical for memory in at least three different ways.
2. Deep Sleep seems to provide
3. Or just a way to rest when all are important work is done
4. Due to the hippocampus's link with emotion
5. REM sleep on the other hand with its similarity to waking brain activity



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. Он постоянно оставлял дверь открытой**

He \_\_\_\_\_ constantly \_\_\_\_\_ the door open.

**2. Ты бы лучше поехал в горы или на море?**

\_\_\_\_\_ to the mountains or to the sea?

**3. Я бы лучше села у окна.**

I' \_\_\_\_\_ by the window.

**4. Я бы предпочла не ходить в это кафе (=я бы лучше не ходила в это кафе)**

I' \_\_\_\_\_ to this cafe.

**5. Я бы не хотела, чтобы ты смотрел этот фильм.**

I' \_\_\_\_\_ watch this film.

**6. Я бы предпочла, чтобы ты говорил, что думаешь.**

I' \_\_\_\_\_ what you think.

## Vocabulary

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signature	essentially	cram	Soak	better	waterlogged
capacity	put	sits	away	crucial	retention

1. It's useless to \_\_\_\_\_ for exams. You won't learn anything anyway.
2. The \_\_\_\_\_ of our short-term memory storage is limited.
3. The land in some areas of Saint Petersburg is \_\_\_\_\_ That's why people dig out canals.
4. This sponge can effectively \_\_\_\_\_ up around 1 litre of water.
5. What he is saying, is \_\_\_\_\_ true.
6. The college \_\_\_\_\_ on top of the hill.
7. This is my granny's \_\_\_\_\_ cake.
8. You might be \_\_\_\_\_ off attending group lessons.
9. How many times do I need to repeat, \_\_\_\_\_ your toys and get down to your homework.
10. Quality of your sleep affects memory \_\_\_\_\_.
11. Staying active is \_\_\_\_\_ for your health.

## 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?

### Video 1



### Video 2

