

Reading

7 Read the article about people talking about their problems with sleep. Answer the questions.

A TONY

My sleep problem is really quite serious, but a lot of people think that it's normal and even funny. I snore at night when I'm asleep – and my wife says that it's pretty loud! Now, I know snoring isn't unusual and there is a lot of advice on how to stop someone snoring, but my snoring is different! It's linked to something called sleep apnoea. When you snore it means that you can't keep your throat open when you're asleep. In my case, I actually stop breathing for ten seconds or more. My wife notices that I'm not breathing and has to wake me up. She's really worried that one day I won't wake up! So am I.

B LIZZIE

My problem is very unusual and most people have never heard of it. It's called narcolepsy and it has changed my whole life. Narcolepsy is when people fall asleep anywhere at any time and they can't stop it. Since the problem started I've had to stop work because you can't do a good job if you fall asleep in the middle of a conversation! I don't like going out with friends because I get embarrassed about it and also I've had to stop driving as it's much too dangerous. I go to a special sleep clinic now and they're helping me a lot.

C ROBERT

I've had this sleep problem since I was a child and I know a lot of people who have the same problem. It's insomnia and that means I sleep very badly. Sometimes I can't get to sleep for hours and sometimes I go to sleep OK, but I wake up in the middle of the night and then I can't get back to sleep again. It's horrible because the next day I can't concentrate on my work. It's also very lonely when you wake up in the dark and you think you're the only person awake in the world! The doctor gave me sleeping tablets, but I don't like taking them because they make me feel bad the next day.

Which person (A, B or C)

- 1 hasn't done what the doctor suggested? _____
- 2 has a rare problem? _____
- 3 has had the problem for a long time? _____
- 4 is getting better? _____
- 5 doesn't sleep alone? _____
- 6 thinks some people laugh at his/her problem?

- 7 can't do the same things he/she did before?

- 8 gives three examples of the results of his/her problem? _____