

I can find specific detail in a text and talk about sleeping habits.

1 CLASS VOTE Do you agree with statements a–c?

- a It's hard to get up in the morning.
- b I sleep more than my parents.
- c I never want to go to bed at 11.00 p.m.

2 **3.07** Read the text. What's Polly's advice a) for weekdays, b) for the weekend?

3 Read the text again. Choose the correct answers. Write them in your notebook.

- 1 Karl says that last night he fell asleep
 - a very quickly.
 - b** after his parents.
 - c before his parents.
- 2 Karl's mother woke him up last Saturday because
 - a she needed his help.
 - b he wanted to get up early.
 - c she thinks it's wrong to stay in bed late.
- 3 Karl is writing to Polly because
 - a he wants to get up early.
 - b he disagrees with his parents.
 - c he can't sleep.
- 4 Polly says
 - a teenagers need a lot of sleep.
 - b adults need a lot of sleep.
 - c adults think teenagers are lazy.
- 5 Teens like staying up late and getting up late because
 - a they make hormones differently from adults.
 - b they watch too many TV programmes.
 - c it's better for their health.

4 Complete the expressions with the phrases highlighted in the text. Write the answers in your notebook.

Word Friends	Sleeping habits
feel tired / ¹ sleepy	get / wake up ⁵ / late
fall ²	sleep ⁶ / badly
get ³ for bed	have a dream
go to ⁴ / sleep	stay in bed / up ⁷

5 Read the Sleep Quiz and choose the correct option. Write the answers in your notebook.

SLEEP QUIZ

- 1 What time did you **go** / sleep to bed last night?
- 2 What time did you **get** / stay up last Saturday morning?
- 3 What do you do when you can't **fall** / wake asleep?
- 4 What do you do to help you **go** / wake up early?
- 5 How many hours do you usually **fall** / sleep at night?
- 6 Do you sometimes **feel** / stay up after midnight?
- 7 Do you ever **feel** / go sleepy in class?
- 8 Do you often **have** / sleep bad dreams?

Dear Polly,

Last night at ten o'clock I was online when my dad told me to **get ready for bed**. Two hours later I was in bed with my eyes open. I didn't feel sleepy so I got up. My parents were on the sofa. They always **fall asleep** in front of the TV. They don't go to bed when they are sleepy so why do I have to **go to bed** when I'm not sleepy? Then last Saturday my mum woke me up at 11.00 a.m. She says I'm lazy but that's not fair. I always **feel tired** in the morning but I **get up early** and work hard all week so why can't I stay in bed at the weekend?

Karl, 15



Hi Karl,

Your parents don't want you to **stay up late** because they think you need to sleep. And they're right! Teenagers need a lot of sleep. How much? That depends on the person but usually about nine hours a night – that's more than adults!

But it's difficult for teens to wake up early and to **go to sleep** early. Often they feel lively at night when adults **feel sleepy**. That's because teenagers' brains produce melatonin* later in the day. When you see bright lights, your brain stops making melatonin. That means you can't **sleep well**. So during the school week you shouldn't surf the internet or watch too many TV programmes before bedtime. It's better to read or listen to music. And during the day don't drink too much tea or coffee.

Sleep is important for our health. If you don't get much sleep, your memory and concentration suffer. So try to go to bed early during the week but tell your parents you need to **stay in bed late** at weekends.

Polly

*a hormone which makes you sleepy



6 **3.08** Listen and match speakers A–D with questions from the Sleep Quiz in Exercise 5. Write the answers in your notebook.

7 **31** **VOX POPS** Talk to your partner. In pairs, do the Sleep Quiz in Exercise 5.

- A: What time did you go to bed last night?
- B: I went to bed early because ...