



**How many hours do you sleep every day?
How does the lack of sleep affects you? 🌐**

Let's talk about me

Sleep Patterns - Like Night and Day



Quiz

- 1** It's a typical work day and you have to get up at 6:00 a.m. because of a long commute. You ...
 - a) usually wake up before the alarm goes off.
 - b) set multiple alarms at 5 minutes intervals to ensure you eventually get up by the third one.
 - c) keep the alarm clock across the room to force yourself out of bed so you don't sleep in.
- 2** You have an important meeting that requires you to be alert and focused. What is your preferred meeting time?
 - a) The earlier the better.
 - b) You like to hold your meetings at lunchtime.
 - c) You are gearing up as the sun sets.
- 3** It's the weekend and you have no commitments today. What time would you naturally wake up?
 - a) At sunrise or shortly after.
 - b) You rise when the sun is already blazing and almost everyone has had breakfast.
 - c) Lunch IS breakfast on the weekend.

ck the ideas and discuss with your classmates.

Look at the answers posted by different people to the question: How well do you sleep?

I slept for ten hours, yet I still felt tired the next day

Although I slept for ten hours, I still felt tired the next day

I slept for ten hours. However, I still felt tired the next day

Despite sleeping for ten hours, I still felt tired the next day



We use a sentences that begins with "although" or "even though" to which expresses an idea that suggests the opposite of the precious

Although I slept for ten hours, I was still tired.

Even though I had slept well, ...

Although I'm usually a good sleeper, ...

COMPLETE

Although I go to bed early, _____.

Even though I was tired , _____ .

Use **despite** and **in spite of** with a gerund or noun:

Despite having slept for ten hours, I was still tired.

In spite of the comfortable bed, I still couldn't sleep.

Complete

Despite keeping healthy habits , _____.

In spite of sleeping enough time, _____.

Despite knowing sleeping well is necessary, _____.

You can use ***even so, yet, however, and saying that*** at the beginning of a sentence. Use a comma after the linker

I usually sleep very well. However, last night was an exception.

Note: move these at the end of the sentences

I slept well. I was still tired in the morning though/however.

COMPLETE

Last night I slept seven hours. Yet, _____.

I took some sleeping pills. _____, however.

I was very tired. Saying that, _____.

You can also use adverbial phrases such as **try as I might**, **strange as it may seem**, **hard as I tried**
Try as I might, I just couldn't get to sleep.

Complete

**Strange as it may seem,
Hard as I tried,**

-  The average adult needs about eight hours of sleep a night. Some studies, **however / yet / although**, suggest that women need an hour more sleep than men.
-  Eating dinner just before bed is not recommended. Eating a small snack, **yet / though / although**, can actually help you sleep.
-  Men tend to dream more about men, **however / but / even though** women, according to research, dream equally about men and women.
-  We very often dream about ourselves, **despite / although / however** this doesn't start happening until we are about five years old.
-  Sleepwalkers are technically asleep, **even so / even though / despite** they have their eyes open and sometimes even engage in conversation.
-  Some animals, such as cows and elephants, can sleep standing up. They can only dream when they are lying down **yet / even so / though**.
-  **Even though / Despite / However** many years of research, it is still not known whether fish sleep at all.
-  Everyone knows the expression "thinking on your feet," **yet / although / even so** studies have shown that, on average, we think 10% faster when we are lying down.

Have you been awake for a long time because you couldn't sleep?

Use your own ideas to complete the contrasting sentences.

1. Even though / although
2. Despite ..., / Spite of,
3. Although I tried....,
4. ____ . Even so, / ____ . Yet ,
5. ____ . However, / ____ . Saying that,
6. ____ . ____ , though.
7. Try as I might, ____
8. Strange as it may seem, ____.