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Sleep on It!

Health

Why is sleep important?



How many hours of sleep do you get each night? Most doctors agree that good sleep habits keep the human body healthy. Although the World Health Organization recommends that adults sleep eight hours each night, more than a third of American adults don't get enough sleep. In recent years, researchers have been discovering the serious consequences that lack of sleep has on human health.

Research links sleep deprivation to health problems, including cancer, heart attacks, Alzheimer's, and obesity. For example, people who are sleep deprived will actually eat somewhere between three to five hundred calories more each day than normal. Lack of sleep also contributes to workplace injuries and decreased productivity. In addition, 20 percent of all car accidents each year are caused by tired drivers - that's more than one million!

Dr. Matthew Walker, professor at the University of California, Berkeley in the USA, is the founder of the Center for Human Sleep Science. In his bestselling book *Why We Sleep*, Walker discusses the global "sleep-loss epidemic", and the importance of getting enough sleep. For instance, sleep strengthens the immune system, helping the body fight illness. Additionally, sleeping before and

after learning new information helps you remember it better than if you hadn't slept. During sleep, the body restores itself. "Sleep is the single most effective thing we can do to reset our brain and body health each day," says Walker. Walker also explains that humans sleep in 90-minute cycles. At the end of each cycle, they go into deep sleep. But "One cycle isn't enough to do all the work. You need four or five cycles to get all the benefit," says Walker.

Many people think of sleep deprivation as a badge of honor, labelling those who sleep eight hours each night "lazy". The National Sleep Foundation (NSF) says around 47 million adults don't get a restorative night's sleep. The organization wants to educate people, to help change society's views about prioritizing sleep. The NSF recommends later start times for teenagers in school, and flexible work schedules for adults. Working and studying during the part of the day when people are most alert improves productivity and academic performance.

So, how long will you sleep tonight? Sweet dreams!

1. According to the article, how many hours should adults sleep each night?

- ☐ Four to five hours
- ☐ Six hours
- ☐ Eight hours
- ☐ Nine hours or more

2. Sleep deprivation...

- ☐ can help people lose weight.
- ☐ affects more teenagers than adults.
- ☐ helps the body fight illness.
- ☐ can make people less productive.

3. Matthew Walker...

- ☐ thinks school should start earlier for teenagers.
- ☐ recommends waking up every 90 minutes.
- ☒ believes there is a sleep-loss epidemic.
- ☐ founded the National Sleep Foundation.

4. According to the article, Matthew Walker suggests students take a nap before they study for a test.

- ☐ True
- ☐ False
- ☐ We don't know.

5. According to the article, humans...

- ☐ are too "lazy" to improve their sleep habits.
- ☐ should complete four to five sleep cycles per night.
- ☐ need less sleep once they finish school.
- ☐ get injured more at night.

prayers

1. Present simple

the adults sleep eight hours each night (+)

adults don't sleep eight hours each night (-)

Do adults sleep eight hours each night?

Past simple

the adults slept eight hours each night (+)

adults didn't sleep eight hours each night (-)

Did adults sleep eight hours each night?

2. Present simple

american adults sleep get enough (+)

American adults don't get enough sleep (-)

Do american adults sleep get enough?

Past simple

american adults slept get enough (+)

american adults didn't slept get enoegh (-)

Did american adults slept get enough?

3. Present simple

Dr. Matthew Walker, Professor at the University of California (+)

Dr. Matthew Walker doesn't professor at the university of California. (-)

Do dr. Matthew Wallker professor at the university of California?

Past simple

Dr. Matthew Walker, was Professor at the University of California (+)

Dr. Matthew Walker, didn't was Professor at the University of California (-)

Did Dr. Matthew Walker, was professor at the university of california?

4. Present simple

sleep strengthens the immune system (+)

sleep doesn't strengthens the immune system (-)

¿Do sleep strengthens the immune system?

Past simple

slept to strengthen the inmune system. (+)

slept didn't strengthen the inmune system. (-)

Did sleep strengthen the inmune system?

5. Present simple

recommends delaying the entry time of teenagers adolescents. (+)

recommends don't delaying the entry time of teenagers adolescents. (-)

¿Do recommends delaying the entry time of teenagers adolescents?

Past simple

They recommends delaying the entry time of teenagers adolescents. (+)

They didn't recommends don't delaying the entry time of teenagers dolescents. (-)

¿Did recommends delaying the entry time of teenagers adolescents?

6. Present simple

flexible work schedules for adults. (+)

adults don't necessity schedules flexible of work (-)

Do adults work schedules for adults?

Bocabulary

Walker: UK: /'wɔ:kə/US: /'wɔ:kə/,(wô'kər) (person who walks)

The hills above hadleight are popular with walkers



brain: UK: /'breɪn/US: /breɪn/ ,(brān) (organ in head)

she suffered severe damage to her brain in the accident



Badge: UK: /'bædʒ/US: /bædʒ/ ,(baj) (scouts: award earned)

The boy de scouts troop earned three badges on their camping trip last weekend.



Teenager: UK: /'ti:neɪdʒə/ /US: (tēn'ā'jər) (13-19 year old)

Teenagers can sometimes be difficult, but they can also be a lot of fun.



Schedule: UK: /'ʃedju:l/

(timetable)

The train schedule is available on the railway website.



