

4 VOCABULARY sleep

- a Read some facts about sleep. Which did you find the most surprising? Were there any facts you already knew?

FASCINATING FACTS ABOUT SLEEP

Studies have shown that male students **yawn** longer and more often than female students.

Many people have a **nap** after lunch. The so-called 'post-lunch dip' is because we naturally feel **sleepy** at two times of day: 2.00 a.m. and 2.00 p.m.

People who **snore** can make a noise as loud as 100 decibels, equivalent to a pneumatic drill.

Covering yourself with heavy **blankets** can help you relax and get a better night's sleep. The pressure on the body produces serotonin, a chemical that helps with sleep, mood, and digestion.

People often change their **sheets**, but up to one third of the weight of a **pillow** can be made up of dead skin and bugs. And if you don't wash a **duvet** at least every six months, it can contain up to 20,000 live dust mites.

Scientists have produced flies which have **insomnia**. They lose their balance more often, are slower learners, and gain more fat – the same as humans who don't get enough sleep.

If you have taken **sleeping pills**, you aren't actually asleep, you're sedated. Some researchers think that this can cause memory problems.

- b Look at the **bold** words in a. In pairs, work out their meaning from the context.
- c Now look at some words and phrases about sleeping habits. With a partner, say what you think they mean.

be a light sleeper **fall asleep**
be fast asleep **have nightmares**
keep you awake **oversleep**
set the alarm **sleep like a log** **sleepwalk**

- d Work in pairs. Do the Vocabulary race.

When your teacher says 'go', write the correct word or phrase from a–c in the column on the right. As soon as you finish, put your hand up.

1 Most people start feeling at around 11.00 p.m.	<i>sleepy</i>
2 When people are tired they often open their mouth and .	_____
3 When they get into bed, they put their head on the .	_____
4 In bed, many people sleep under a filled with feathers or synthetic material.	_____
5 Other people prefer to sleep under and .	_____
6 Some people can't sleep because they suffer from .	_____
7 People sometimes have to take to help them go to sleep.	_____
8 Some people who are asleep make a loud noise when they breathe, i.e. they .	_____
9 In hot countries, it's common to have a short in the afternoon.	_____
10 A person who sleeps well ' '.	_____
11 Someone who doesn't sleep very deeply is a .	_____
12 Some children if they watch scary films before bedtime.	_____
13 If you drink coffee in the evening, it may .	_____
14 In the middle of the night, most people are .	_____
15 As many as 15% of people during the night, getting out of bed and even getting dressed or eating.	_____
16 When people need to get up early, they often (clock).	_____
17 If you don't hear your alarm, you might .	_____
18 According to one study, 4.7% of Americans while driving.	_____

- e 6.8 Listen and check. Did the pair who finished first also get the most correct answers?