

### Instructions:

1. Watch the videos and answer the questions.
2. Send answers to teacher's mail.

### VIEWING

**A**  **12.9** Watch Part 1 of the TED Talk. Answer questions 1 to 3.

- 1 Why does Arianna Huffington think that Type-A women are sleep-deprived?
  - a They usually work better at night than in the day.
  - b They tend to work too hard and sacrifice sleep.
  - c They sometimes sacrifice sleep for leisure.
- 2 What words best describe how she used to be before she learned about the importance of sleep?
  - a tired, overworked
  - b full of energy, cheerful
  - c busy, happy
- 3 According to Arianna Huffington, what are the benefits of getting more sleep?
  - a a longer and more fulfilling life
  - b a calmer and more peaceful life
  - c a happier and more productive life

**B** ▶ **12.10** Watch Part 2 of the TED Talk. Check (✓) the main arguments that Arianna Huffington makes.

- ☐ Many people don't sleep enough because they think this makes them more productive.
- ☐ Lack of sleep is causing our leaders to make bad decisions.
- ☐ Studies show that women perform better at work because they get more rest than men.
- ☐ There are many leaders with high IQs but no innovative ideas.
- ☐ Technology can help us improve our quality of sleep.
- ☐ Getting enough sleep benefits both the individual and society.

**C CRITICAL THINKING**

**Inferring** Work with a partner. Discuss these questions.

- 1 Why does Arianna Huffington say that her idea can help unlock billions of big ideas?
- 2 What does Huffington mean when she says, "the essence of leadership is being able to see the iceberg before it hits the *Titanic*"? What is she comparing the *Titanic* and the iceberg to?

**VOCABULARY IN CONTEXT**

**A** ▶ **12.11** Watch the excerpts from the TED Talk. Choose the correct meaning of the words.

**B** Complete the sentences using the words in the box.

learning the hard way      hyper-connected      urged      the big picture

- 1 The fact that technology allows us to be \_\_\_\_\_ has both advantages and disadvantages.
- 2 Sometimes we become too focused on the everyday issues in our lives and fail to spend time looking at \_\_\_\_\_ and planning ahead.
- 3 For many years, medical experts have \_\_\_\_\_ people to have healthier lifestyles.
- 4 People who don't take care of their health may end up \_\_\_\_\_ when they fall sick.