

11B Are you a morning person?

1 SPEAKING & READING

a Answer the questions with a partner.

- 1 What time do you wake up during the week?
- 2 Do you use an alarm clock to wake up? If not, what makes you wake up?
- 3 Do you get up immediately after you wake up?
- 4 When you first get up do you feel...?
 - a awful
 - b a little sleepy
 - c awake and energetic



b Read an interview with Sara Mohr-Pietsch. Match the questions and answers.

- A** Do you choose what you wear the night before?
- B** Do you have anything to eat before you go to work?
- C** Do you use an alarm clock to wake up?
- D** How do you feel when you wake up?
- E** How do you get to work?
- F** How does this affect your social life?
- G** What time do you get up when you're doing the show?
- H** What time do you go to bed when you're working the next day?
- I** Would you like to change your working hours?

c Cover the answers and look at the questions. With a partner remember her answers.

d Answer the questions with a partner.

- 1 Would you like to work the same hours as the radio host?
- 2 In general are you a morning or evening person?



Sara Mohr-Pietsch tells us what it's like to be an early-morning radio show host on BBC Radio 3.

¹ *What time do you get up when you're doing the show?*

I get up at 4:45 a.m. and leave the house at 5:20.

²

Yes. I usually set my radio alarm to come on at 4:30 so that I can wake up slowly as I listen to the world news. I set my phone alarm for 4:45 and leave it on the other side of the room so I have to get up to turn it off!

³

It depends – some mornings I feel rested and awake, but other mornings it's hard to get out of bed. It depends on the season. I find I need much more sleep in the winter.

⁴

If I'm slow to get up, then I wait until I'm in the studio before having breakfast, but most mornings I have a bowl of cereal before I leave the house.

⁵

That depends on the season, too. In the summer I usually wait until the morning to decide. But in the winter I often leave clothes out the night before so that I can stay in bed until the last minute!

⁶

A car picks me up at 5:20.

⁷

In the winter, any time between 8:30 and 9:30 p.m. In the summer, usually more like 9:00 to 10:00 p.m.

⁸

What social life? I certainly can't go out for a wild night during the week, but I'm lucky because a lot of my closest friends live near me, so I can see them in the evenings and still go to bed early.

⁹

Sometimes I think I would like to have more normal working hours, but I love my job so much that I'd never want to give it up. The buzz of being "live" on the radio early in the morning as people start their days is really wonderful.

