UNIT 11C

READING-GRAMMAR

2 Read the text. Check (✓) the correct answer. Short-sleeping is ...

a probably genetic. ☐
b pretty common. ☐
c fully understood by science. ☐

SHORT-SLEEPING: Is it always a problem?

Jimena Sánchez, a 28-year-old teacher, has been living on about four hours of sleep every night for as long as she can remember. Early this year, her husband persuaded her to look for a sleep specialist, and the diagnosis took everyone by surprise.

Dr. John Scorsone, a researcher from the sleep-disorder clinic she attended, assured Jimena she didn't have a sleep problem. After a series of tests, Dr. Scorsone concluded that Jimena was a "short sleeper" – someone who only needs a few hours' sleep each night.

Jimena claims she fits that description: "I go to bed at midnight, wake up at around four, and I never feel tired," she says. Jimena's previous doctors had suggested sleeping pills, but she refused to take them: "I'm glad I said no. Now I know that I'm not sleep-deprived. I just don't need much sleep – that's all."

Dr. Scorsone based his diagnosis on a 2009 study at the University of Utah that discovered a rare gene in a mother and daughter who were able to function well on very little sleep. Since then, other studies have been carried out, but scientists are "only just beginning to understand this phenomenon," Dr. Scorsone claims.

It has been estimated that 1%–3% of the population consists of short-sleepers. For example, former UK Prime Minister Margaret Thatcher supposedly claimed she needed just four hours' sleep a night.

I asked Jimena if she felt short-sleeping was a problem: "No, not at all. It's so peaceful and quiet when I get up. I love it!"

A Complete the sentences with the verbs in the box. Then read the text and check.

assured claimed persuaded refused

1 Jimena's husband _____ her to look for a sleep specialist.
2 Dr. John Scorsone _____ Jimena she didn't have a sleep problem.
3 Jimena's previous doctors had suggested sleeping pills, but she _____ to take them.
4 Margaret Thatcher supposedly _____ she needed just four hours' sleep a night.

B Match a–d with sentences 1–4 in exercise 3A. Then read the Grammar box.

a verb + (*that*) + clause: *He said (that) he was bored.* ____
b verb + object + (*that*) + clause: *She told me (that) she hadn't been there before.* ____
c verb + infinitive: *My parents agreed to lend me some money.* ____
d verb + object + infinitive: *My doctor advised me to lose some weight.* ____

Grammar **reported speech patterns**

Direct statements:		Reported statements:
"You need more sleep."	→	*He said (that) I **needed** more sleep.*
"OK, I'll pick up the kids."	→	*She agreed (that) she'**d pick** up the kids./She agreed **to pick up** the kids.*
Direct questions:		**Reported questions:**
"Did you call Tim?"	→	*She asked me if/whether I **had called** Tim.*
Direct commands:		**Reported commands:**
"Apologize to your boss."	→	*She urged me **to apologize** to my boss.*

1 Choose the correct options to complete the reported speech sentences.

1 "I annoyed Rebecca with my comments."

She *told / said* that she *has / had* annoyed Rebecca with her comments.

2 "I've been very busy with my coursework."

Sam explained *me / to me* that he *had been / was* very busy with his coursework.

3 "I could meet you and Sara a little later."

He said he *could / had been able to* meet us a little later.

4 "I've been seeing a little more of Tom recently."

He *said / told* me that he *had seen / had been seeing* a little more of Tom recently.

5 "By next summer, I will have saved up enough to go traveling."

Milo *said / said us* that by next summer, he *would save / would have saved* up enough to go traveling.

6 "Don't forget to take your passport!"

My mom reminded me *to take / take* my passport.

7 "When did you take the exam?"

James asked *me / to me* when *did I take / I took* the exam.

8 "Elephants are the only animals that can't jump."

Freddie claimed that elephants are the only animals that *can't / can't have* jump.