

8º ANO
INGLÊS
ARE YOU SLEEPING WELL?

BEFORE READING

1. Você já parou para pensar se está dormindo a quantidade necessária de horas para o seu organismo? Como você se sente após uma noite mal dormida? Abaixo, listamos alguns sintomas da privação contínua de sono. Relacione-os às imagens.



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| A. Drowsiness | E. Low immunity |
| B. Inability to concentrate | F. Depression. |
| C. Bad memory | G. Heart attack |
| D. Reduced physical strength | H. Bad mood |

2. Marque a opção que melhor define sua experiência pessoal.

I fell asleep last night _____.

<p>Too fast: less than 5 minutes</p> <p>Potential causes: inadequate sleep or sleep disorder</p> <p>easily</p>	<p>The average: 5 to 15 minutes</p> <p>after some time</p>	<p>Too long: 20 to 30 minutes</p> <p>Potential cause: insomnia</p> <p>with difficulty</p>
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WHILE READING

3. Leia o texto abaixo e responda as questões que seguem.

7 healthy tips for a better night's sleep

By Claudia Aguirre on August 23, 2016 in [Interviews](#)

1. **Aim for power hours.** Sleep the recommended amount for a restorative night. That is: between 9 and 12 hours for school-aged children, 8 to 10 hours for teenagers, and 7 to 9 hours for adults.
2. **Ban the blue.** Filter the blue light of your electronic device and sleep better. Studies show that blue light from electronic devices can delay sleep onset and affect overall circadian rhythm.
3. **Spoon.** Sleeping on the side may help the brain clear waste more efficiently than sleeping on the back or belly.
4. **Breathe deep.** Deep breathing triggers the body's relaxation response. What's more, inhaling can drive cerebrospinal fluid flow to help clear brain waste and oxygenate the brain.
5. **Don't overdo it.** Science is still working this one out, but there are some cases where too much sleep can pose a health risk. Better set that alarm.
6. **Exercise.** Lab experiments show that regular exercise can protect the brain from sleep deprivation-induced memory deficits.

Glossary:

delay: atrasar; **triggers:** desencadeia; **inhaling:** inalar; **fluid flow:** fluxo líquido; **sleep deprivation-induced:** privação do sono crônica;

a) According to the text, how much sleep does a teenager need?

() 9-12 hours. () 8-10 hours. () 7-9 hours.

b) How does blue light affect your sleep and your body?

c) What is the best sleep position for your brain?

() Back. () Side. () Belly.

d) What are the benefits of regular exercise?

AFTER READING

4. O texto abaixo contém seis dicas de como dormir melhor. Complete as lacunas com as palavras da caixa.

ACTIVE – STIMULATING – INTERFERE – GOAL – LIGHT-EMITTING - TOMORROW

SLEEP TIPS: 6 STEPS TO BETTER SLEEP

by Mayo Clinic Staff

1. Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this

Go to bed and get up at the same time every day.

2. Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up.

Nicotine, caffeine and alcohol deserve caution, too. The _____ effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep.

3. Create a restful environment

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of _____ screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

4. Limit daytime naps

Long daytime naps can _____ with night-time sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day.

5. Include physical activity in your daily routine

Regular physical activity can promote better sleep. Avoid being _____ too close to bedtime, however.

6. Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for _____.

Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.

Adapted from: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>