

1. Read the article below. Then answer questions 1-7 on the next page.

START TO TAKE SLEEP SERIOUSLY

"Forcing teens to start school in the morning is 'cruel', brain doctor says." So said a British newspaper headline in 2007 after a talk Russell Foster gave at an academic conference. Six years later some schools are accepting this. They are choosing a later start time to adapt to teenage sleep patterns. The latest school that did this is the UCL Academy in London. So what are the facts about teenage slumber, and how should society adapt to these needs? Sleep timing changes as we grow older. This has been shown in many studies. As puberty begins, bedtimes and waking times get later. This continues until 19.5 years in women and 21 in men. Then it reverses. At 55 we wake at about the time we woke before puberty. On average this is two hours earlier than teenagers. This means that for a teenager, a 7 am alarm call is the same as a 5 am start for a person in their 50s. The reason for this is unclear but the shift happens together with hormonal changes at puberty and the decline in those hormones as we get older. However, biology is only part of the problem. Other factors are parents who are less strict about bedtimes, ignoring of the importance of sleep and use of TVs, DVDs, PCs, cell phones and so on, all of which keep you awake. How much of sleep teenagers get varies between countries, geographic region and social class. However, all studies say they go to bed later and do not get as much sleep as they need because of early school starts. Mary Carskadon at Brown University in the USA has shown that teenagers need about 9 hours a night to stay alert and do well at school. A survey at a UK school in Liverpool showed many were getting just 5 hours of sleep on a school night. It is not a surprise that teachers said their students were dozing off in class. A tired teenager is a grumpy, moody, and stressed one. However, a later start is not enough. Society in general and teenagers in particular, must start to take sleep seriously. Sleep is not a luxury but a basic biological need. It improves creativity, productivity, mood and the ability to communicate with others. Do you depend on an alarm clock, or a parent, to get you out of bed? Do you take a long time to wake up? Do you feel sleepy and irritable during the day? Are you very impulsive? This means you are probably not getting enough sleep. Take control. Make sure the bedroom is a place that helps you sleep – dark and not too warm. Don't text, use a computer or watch TV for at least half an hour before trying to sleep. Try not to nap during the day, and look for natural light in the morning. It helps to adapt the body clock and sleep patterns to an earlier time.

TASK ONE

Answer the questions in short.

0. When was the article "Forcing teens to start school in the morning is 'cruel', brain doctor says." published? __in 2007_____

1. What does research tell us about sleep of teens and adults?

2. What is the time difference in sleep between a 15 and a 50-year old person?

3. What is the biological reason for late sleeping and waking times?

4. Why are parents also partly responsible for late sleeping times?

5. How many hours a night should a teenager sleep to do well in school?

6. Is it enough to begin school classes at 9 or later?

7. Name four signs of not getting enough sleep. (2 points)

ASK TWO Match the words (1-7) from the article with the definitions (A-H).

ANSWERS: 0- C 1- _____ 2- _____ 3- _____ 4- _____ 5- _____ 6- _____ 7- _____

0	slumber	A	to change the direction of something
1	to reverse	B	mysterious, difficult to see
2	unclear	C	sleep
3	awake	D	to fall into a short sleep
4	to doze off	E	tired, without enough sleep
5	grumpy	F	to write short messages on your mobile phone
6	sleepy	G	not asleep
7	to text	H	irritated, surly or in a bad mood

T

TASK THREE

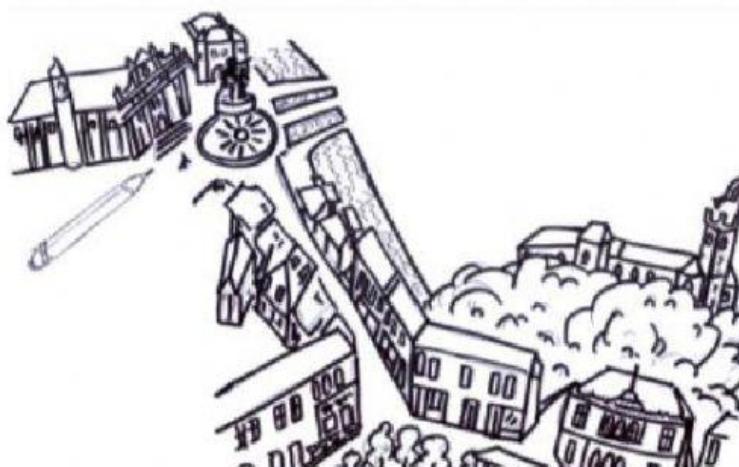
Fill in the gaps using the given words. There are three too many.

across	ahead	along	away from	far
first	in front of	into	out of	over
signs	take	traffic lights	under	

WELCOME TO LJUBLJANA

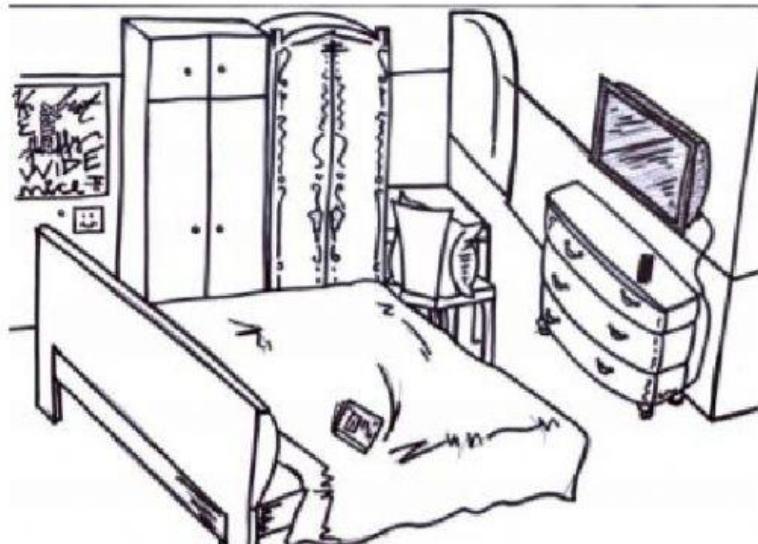
There are many places to see in Ljubljana, but walking the city centre is a must. The best place to park is a fairly new parking garage ⁰ under Congress Square. When you are ¹ _____ the garage, you get straight on the square. There is a big grey building ² _____ you, which might be important for you in the future. It's the University of Ljubljana. You are only three minutes ³ _____ the Prešeren Square. To get there, ⁴ _____ Wolf's Street on your left and continue straight ahead for about a kilometre. You'll ⁵ _____ the famous sweets shop called Zvezda on your left. When you are standing in front of the statue of our greatest poet Prešeren, turn right and go ⁶ _____ the Triple Bridge. Take the ⁷ _____ left ⁸ _____ the Adamič-Lunder Embankment where you can enjoy walking ⁹ _____ the Ljubljanica River. If you're looking for having a stroll at the market,

it's a short walk
¹⁰ _____, And if
 you don't want to miss
 the magnificent view over
¹¹ _____ for the
 Ljubljana Castle.



TASK FOUR

Put the adjective in brackets in the correct form (positive, comparative or superlative).



MY ROOM is my kingdom. It is really ⁰ unique (unique) and fun. There is a
1 _____ (nice) bed, which is ² _____ (big) than a normal size one. It's
3 _____ (wide) one I have ever seen because five people can comfortably
sleep in it. On the wall opposite the bed there is a TV – it's ⁴ _____ (new)
model on the market. Under it there is a chest of drawers as ⁵ _____ (old) as
my grandma – it was actually hers. I love it, because it's ⁶ _____ (spacious)
than these ⁷ _____ (modern) cupboards you can get in shops today. I am
8 _____ (happy) when I lay in my bed and read my grandma's diary – it's
9 _____ (good) thing to read there is. It's full of humour, silly stories and her
thoughts. I've got two wardrobes for my ¹⁰ _____ (beautiful) clothes. The first
one is ¹¹ _____ (small) than the second one but they are both
12 _____ (good) enough for me. My chair is ¹³ _____ (comfortable)
than my sister's and I've got a ¹⁴ _____ (fluffy) pillow on it – it's
15 _____ (fluffy) thing in my room. ¹⁶ _____ (bad) thing about my
room is that I need to clean it from time to time ... but I can live with that ☺.