



## Wake up to BETTER LEARNING!

If you sometimes feel sleepy in class, you are probably having too many late nights. A review of worldwide studies from the last decade by Sleep Medicine shows that 53% of teenagers get two or three hours less sleep than they need on school days.

Getting to bed early is hard with all the things you have to do. But what are the consequences of not sleeping enough? A lack of sleep means students find it difficult to pay attention in class. Exams, tests and homework seem harder. You're also more likely to have sports accidents and take silly risks. It's clear that teenagers need to get more sleep, but when and where?

According to the National Sleep Foundation, a short sleep can improve your overall performance at school and in sports. A study at NASA on military pilots and astronauts found that focus and concentration rose by 34% after a 26-minute nap. A series of studies on the 'ideal' nap showed that the optimum time is between ten and 30 minutes – a longer nap can have a negative effect on performance. In addition, you should have a nap at around the same time every day – and it shouldn't be close to your bedtime because that can interfere with regular sleep.

Some colleges and universities have found the perfect solution for sleepy students. They have introduced futuristic-looking nap stations in libraries, health centres and other spots on campus, which students can reserve. At the University of Miami, you can even lie down in the dark with soft music and lights. Students enter these comfortable and safe nap stations and set an alarm. They can't talk or use technology and they mustn't sleep for longer than 30 minutes. Students say they feel ready to study again when the nap is over and that they are more productive. According to the American Psychological Association, if you sleep after learning something, your brain has time to process the new information and remember it better. It must be a good idea because employees at companies such as Google® and NIKE® are allowed to nap during work time!

Do you think you might benefit from a nap in the middle of the day? Why not ask if you can try it out at your high school?

2 19 Read the article again and complete the sentences with the correct word or phrase.

more than half • over a third • ten to thirty •  
thirty • two

- 1 \_\_\_\_\_ of the world's teenagers don't get the recommended eight hours' sleep every night.
- 2 Professionals who pilot planes and spacecraft improved focus by \_\_\_\_\_ after a short sleep.
- 3 Experts recommend a short \_\_\_\_\_ -minute sleep in the middle of the day.
- 4 A nap that lasts more than \_\_\_\_\_ minutes is not recommended.
- 5 At least \_\_\_\_\_ international organisations approved the idea of a nap for workers.