

BORN TO SNOOZE

KEY WORDS

Match the following words with their correct definition:

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| 1. snooze (verb) <input type="checkbox"/> | a. a belief or opinion |
| 2. crucial (adj.) <input type="checkbox"/> | b. a bird with a flat face and large eyes that hunts at night |
| 3. owl (noun) <input type="checkbox"/> | c. a small brown singing bird that is active in the early morning |
| 4. lark (noun) <input type="checkbox"/> | d. extremely important |
| 5. notion (noun) <input type="checkbox"/> | e. slow and inactive, as if on drugs |
| 6. dopey (adj., informal) <input type="checkbox"/> | f. take a brief, light sleep |



READING

THE
INDEPENDENT

Were you born to snooze?

Can't get going in the mornings? You're not lazy, just a 'B-person'. It's your circadian rhythms, explains late riser Dan Roberts

1. Alarm clocks and I have never been the best of friends. Many of them have been destroyed on my bedside table. I have missed or been late for crucial morning meetings, job interviews, final exams, hospital appointments, weddings... all because I simply can't get up early.
2. It's beyond me how those strange people who spring out of bed at 6 am have jogged, showered, shaved, and had breakfast before I've hit the snooze button. Unsurprisingly, my friends, family, and coworkers have long considered me a lazy good-for-nothing, despite the fact that I often write well into the evening while they're sitting comfortably in front of the TV.
3. Finally, it seems I may have found support from an unexpected source - Denmark's B-Society. This pressure group supports the rights of "B-people" who, like me, are slow to perform in the morning, but whose energy spikes in the evening.
4. The B-Society's founder, Camilla Kring, is campaigning for fundamental changes in the way we learn, work, and live. "Society is arranged around A-people, who are happy working from eight to four," she says. "We want to create a more flexible society, one which also has a place for B-people - those who are genetically predisposed to wake and work later."
5. Kring bases her arguments on the notion that people have different "circadian rhythms". These rhythms govern our body temperature, hormone levels, heart rate, and sleep-wake cycles. The circadian rhythms of B-people, such as myself, wake us naturally at 9 am or 10 am, after which we feel dopey most of the morning but become more energetic in the afternoon and evening.
6. The rhythms are controlled by a group of about 10,000 nerve cells in our brains, which act as our internal clock. They are activated by light, which enters the eye and is received by cells on the retina.
7. Professor Jim Horne is an expert of sleep research, with 30 years' experience of analyzing our nocturnal habits. He uses the terms "larks" and "owls" to describe early and late risers. "About half the population is neither one nor the other," he says. "About 10 percent are extreme morning or evening types. Most people are somewhere in between."
8. Happily for me, Horne thinks that owls such as myself have a good reason for sleeping in. "The many studies we have conducted show very clear differences between larks and owls. Owls are more adaptable to shift work and jet lag, for example, and will work best in the afternoon and evening."
9. The problem, of course, is that most jobs are adapted to A-people, larks, morning people, or whatever you choose to call them.
10. I no longer feel responsible. It's not laziness; I'm just a B-person, hater of alarm clocks and early mornings and lover of late nights. Luckily, it seems I'm in the right profession. "A-people often work in finance or the legal profession, while B-people are usually journalists or creatives," Kring says. "Bs are much more flexible than As."
11. Of course we are. So, if you're a B person like me, next time you arrive at work an hour late, showing signs of lack of sleep, remember that it's not your fault. Tell your boss it's just those circadian rhythms.

Adapted from The Independent, August 7th, 2007

CHECK FOR UNDERSTANDING

Put T (True) or F (False) next to the statements below. Correct the statements which are false.

1. The writer doesn't like meetings and appointments.

2. The writer cannot understand people who get out of bed early.

3. The writer considers himself to be lazy.

4. Normal work hours are more suitable for early risers.

5. Most people are early risers.

6. Late risers suffer less from jet lag.

7. The writer feels that he should change his profession.

FIND THE WORDS

Find a word or phrase in the text which means:

1. get up quickly and suddenly (**phrase, P2**)

2. increases sharply before decreasing (**verb, P3**)

3. fighting or arguing for a particular ideal or principle (**verb -ing, P4**)

4. likely to behave in a certain way because of your genes (**phrase, P4**)

5. happening at night (**adj., P7**)

6. working at different periods of time during the day or night (**noun, P8**)

7. a feeling of tiredness caused by traveling in a plane across different time zones
(**noun, P8**)
