

Reading

1 Read the article quickly. What's it about?

- a working from home
- b different sleep patterns
- c going to bed early

2 Read the article again. Are the sentences true (T) or false (F)?

- 1 Sarah and Jess think they have a problem. ____
- 2 Jess often sleeps late at the weekend. ____
- 3 Sarah gets up before Jess at the weekend. ____
- 4 Sarah works in an office. ____
- 5 Sarah prefers to work in the afternoon. ____
- 6 Sarah can think of new things in the morning. ____
- 7 Jess wakes up late because she goes to bed late. ____
- 8 Sarah reads in bed at night. ____

3 Read the article again and complete the sentences with Sarah or Jess.

- 1 _____ gets up early.
- 2 _____ often works at the weekend.
- 3 _____ really likes sleeping.
- 4 _____ goes to sleep quickly.
- 5 _____ goes to sleep after doing something else.

4 Look at the underlined words. Choose the option which has a similar meaning.

- 1 She often has a lie-in until twelve! (paragraph 1)
 - a She wakes up late.
 - b She goes to bed late.
- 2 Our sleep patterns are very different. (paragraph 1)
 - a the times we wake up and go to sleep
 - b the hours we sleep
- 3 Jess falls asleep (paragraph 2)
 - a starts sleeping
 - b goes to bed
- 4 But Sarah and Jess are siblings (paragraph 3)
 - a parents
 - b brothers/sisters

Sleeping differently



Do you like an early night? Do you like to sleep late? What is it like in your home?

'Jess is definitely a good sleeper,' says Sarah. 'At the weekend, she often has a lie-in until twelve!' Sarah prefers to go to bed early and get up early in the morning, usually around 5 a.m. She works from home, often at the weekend. That's why she does a lot of work in the morning so she can enjoy the afternoon. 'I like it when Jess is asleep, because I know she loves it so much,' says Sarah. 'Our sleep patterns are very different, but it works for us. I like to work early in the morning, that's when I get my best ideas.'

So why does Jess wake up late? 'Well, it's not because I go to bed late,' explains Jess. 'Basically, I just really like my sleep!' Jess falls asleep as soon as she goes to bed, but Sarah doesn't. She usually reads for about an hour then she falls asleep.

Some people just need a lot of sleep and some people don't need much sleep at all. But Sarah and Jess are siblings who seem very happy living together.