

passives

- 2 Complete the article about sleep disorders using the correct passive form of the verbs in brackets.

Why do people ...

... sleepwalk?

It ¹ (suggest) that sleepwalking runs in families. If you have a family member who walks in their sleep, it ² generally (accept) that you are ten times more likely to do it yourself. It ³ also (suspect) that stress, illness and medication can make sleepwalking more likely. It ⁴ once (assume) to be dangerous to wake a sleepwalker, but this ⁵ now (not consider) to be a problem. However, it should be done quietly and carefully to keep distress to a minimum.

... talk in their sleep?

Talking in your sleep ⁶ (define) as a sleep disorder where the sleep-talker doesn't know what they're doing. Speech ⁷ more easily (understand) when it occurs during REM sleep (when people are dreaming). Anyone can sleep-talk, but it ⁸ (observe) most often in men and children. Records show that sleep-talking ⁹ (notice) by ancient Greek philosophers about 2,500 years ago, so it ¹⁰ (not discover) recently. Sleep-talking isn't usually a problem and does not require treatment.


PRONUNCIATION

- 3A | **sentence stress: content and function words** | Read the sentences and predict which words will be stressed the most.

- 1 It was thought that eating cheese before bedtime gives you nightmares.
- 2 It's been suggested that using your phone in bed makes it harder to drop off.
- 3 It's believed that up to fifteen percent of the population are sleepwalkers.
- 4 It's estimated that most people sleep for fewer than seven hours a night.

- B  4.02 | Listen and check.

LISTENING

- 4A**  **4.03** | Listen to the introduction to a radio programme. What kind of programme is it?
- B**  **4.04** | Listen to the next part of the programme and choose the correct option(s) (a–c).
- What does Rob say about using a sleep tracker?
 - It provided some useful information.
 - It helped him learn to relax.
 - It caused him problems.
 - How did Jenna feel before using her technique?
 - worried about her future
 - scared about being kept awake
 - relieved to get some sleep during the day
 - What does Jenna say helped her sleep better?
 - reading before she went to sleep
 - learning about sleep psychology
 - quitting an old habit
 - What does Álvaro say about nuts?
 - He says they should be avoided at night.
 - He is pleased he can eat more of his favourite kind.
 - He doesn't fully understand how they work.
 - What does Sonya say about the techniques?
 - She finds them quite difficult to do.
 - She thinks they sound rather unusual.
 - She is not very keen to have a go at them.
- C**   **4.05** | Listen to the recording and write what you hear. You will hear the sentence only once.

WRITING

an article

- 5A** Read the article and tick the topics that are mentioned.

dreams lack of sleep napping nightmares
sleep and disability sleep behaviours
sleep cycles sleep positions

- B** Complete the article (1–5) with the sentences (a–e).
- In addition to this, they can involve anxiety, too.
 - as well as sleep paralysis, where you wake up, but are unable to move.
 - Moreover, their dreams involve feelings, smells and sounds rather than sight.
 - Furthermore, they make friends easily, but don't enjoy being the centre of attention.
 - A lack of sleep not only affects your mental health, but also your physical health.
- C** You are going to write an article about what kind of sleeper you are. Plan your article. Choose three ideas to write about from Ex 5A.
- D** Write an article about what kind of sleeper you are.

Six Amazing Facts You Didn't Know About Sleep

Sleep has fascinated experts for centuries and new information is being discovered all the time. So, we've put together six of the most amazing facts we could find on the topic.

- Most nightmares are not frightening. They often include feelings of sadness, guilt and confusion. ¹..... They happen most often when someone is feeling worried.
- The position you prefer to sleep in *might* reflect your personality. For example, people who sleep on their backs in the 'starfish' position tend to be good listeners. ².....
- ³..... For example, you won't cope with pain as well when you don't sleep much.
- Contrary to what some people may think, blind people do dream. ⁴..... Also, interestingly, deaf people use sign language when they dream.
- Everyone dreams, but they might not remember them. Those that do remember will have forgotten fifty percent of the dream within five minutes of waking. The most common dreams include teeth falling out, forgetting to prepare for an exam, and trying to run but not getting anywhere.
- Some unusual sleep behaviours include parasomnia or making unusual movements in your sleep; 'exploding head syndrome' where someone wakes to a loud noise that is only in their head, ⁵..... Don't worry if this happens to you – it just means your brain's woken up before the rest of your body has!