

I. Read the texts about sleep problems. Match the sentences (1–6) with the people (A–C). You can choose the people more than once.

Which person:

- 1 hasn't done what the doctor suggested?
- 2 has a rare problem?
- 3 has had the problem for a long time?
- 4 is getting better?
- 5 thinks some people laugh at his/her problem?
- 6 can't do the same things he/she did before?

A Tony

My sleep problem is really quite serious, but a lot of people think that it's normal and even funny. I snore at night when I'm asleep – and my wife says that it's pretty loud! Now, I know snoring isn't unusual and there is a lot of advice on how to stop someone snoring, but my snoring is different! It's linked to something called sleep apnoea. When you snore it means that you can't keep your throat open when you're asleep. In my case, I actually stop breathing for ten seconds or more. It worries my wife but I always wake up afterwards!

B Lizzie

My problem is very unusual and most people have never heard of it. It's called narcolepsy and it has changed my whole life. Narcolepsy is when people fall asleep anywhere at any time and they can't stop it. Since the problem started I've had to stop working because you can't do a good job if you fall asleep in the middle of a conversation! My friends have been very supportive but I don't like going out now because I get embarrassed about it and also I've had to stop driving as it's much too dangerous. I go to a special sleep clinic now and they're helping me a lot.

C Robert

I've had this sleep problem since I was a child and I know a lot of people who have the same problem. It's called insomnia and it means I sleep very badly. Sometimes I can't get to sleep for hours and sometimes I go to sleep OK, but I wake up in the middle of the night and then I can't get back to sleep again. It's horrible because the next day I can't concentrate on my work. The doctor gave me sleeping tablets, but I don't like taking them because they make me feel bad the next day.

II. Read the texts again. Are the statements True (T) or False (F)?

- 1) Tony doesn't snore loudly. T / F
- 2) Tony sometimes stops breathing. T / F

- 3) Lizzie sometimes falls asleep when she's talking. T / F
- 4) Lizzie doesn't think her life has changed. T / F
- 5) Robert can never get to sleep. T / F
- 6) Robert doesn't like being awake during the night. T / F