Reading

How to Pull an All-Nighter in a Shared Room

Read the text and match 1-6 to (A-H). There are 2 extra variants you don't need to use.

It's difficult to successfully stay up late when you have a roommate that you need to be aware of. Whether you're sharing a room at a camp, hotel, or even your own house, you need to know how to stay up with minimal noise.

1_____. To stay up all night, you're going to need a space where you can stay all nigh long. Make sure you can stay here for long periods of time because any movement might disturb your roommate. Make sure this place isn't too comfortable, as that might cause you to fall asleep easily. Pick a place where you can sit upright, maybe next to a window or nightlight.

2_____. Prepare everything you'll need before your roommate falls asleep and keep things close to you. This will prevent noisy trips when you are hungry or thirsty. Avoid things that are crunchy. Things like chips, crackers, crisps, etc can be very loud when they are chewed.

3_____. You're going to be staying up for a long time, so you'll need entertainment. If you're staying up to do work, make sure everything you need to do so is fully prepared. It would be pretty inconvenient to work on something for so long, and then lose it because your battery died. Keep all your cables nearby. If you do start to get a low battery, you will not want to spend time scrounging around for a cable.

4_____. Noise is a great way to stay awake, but you still have someone in the room. These things will allow you to listen to music, watch television, etc without causing discomfort for others.

5_____. Doing the same thing for hours on end can bore you, and cause you to feel more tired. Try changing shows or movies that you watch. Changed genres often help you to keep yourself engaged. Even just taking another device you're using can make a difference. If you're working on multiple projects, don't spend more than one hour on a project at a time. To keep yourself engaged, alter between your work and take breaks if you're getting bored.

6_____. If you have time, some sleep beforehand will greatly help you in your quest to pull an all-nighter. You will feel fresh and active and ready to work or just have fun!

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Which paragraph tells you to:

A … get food/drinks beforehand;

B … get a good pair of earbuds or headphones;

C …avoid multiple tasks;

D … charge up all of your devices;

E …sleep instead of staying up all night;

F … think your location through;

G … switch between multiple activities;

H … take a nice nap before you plan to stay up.

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