

Sleep

- 1 Are these sentences true for you?
- It's hard to get up in the morning.
 - I sleep more than my parents.
 - I never want to go to bed before 11 p.m.
- 2 6.8 Read the letter and answer the questions.
- Who did Carla write to?
 - What is the letter about?
 - What does she want her parents to stop doing? Why?
- 3 Read the letter again. Choose the correct answer.
- Teenagers can't fall asleep until it's late because
 - they feel tired in the morning.
 - they have less melatonin than adults.
 - their brains work differently from adult brains.
 - Teenagers shouldn't play video games at night because
 - blue light can stop you sleeping.
 - their parents don't think it's a good idea.
 - video games are bad for you.
 - Teenagers can't get enough sleep during the week because they
 - are growing.
 - have to go to bed before 10 p.m.
 - have to get up early for school.
 - Carla thinks it's a good idea that
 - schools start later.
 - students can sleep at school.
 - teenagers get up early.
- 4 6.9 **WORD FRIENDS** In pairs, find these phrases in the letter and write the missing words. Listen and check.
- | | |
|---------------------------------------|-------------------------------|
| 1 fall <u>asleep</u> | 5 go to <u>bed</u> / sleep |
| 2 feel <u>tired</u> / tired | 6 keep you <u>awake</u> |
| 3 get enough <u>sleep</u> | 7 remember your dreams |
| 4 get up / wake up <u>late</u> / late | 8 sleep badly / <u>poorly</u> |
- 5 6.10 Choose the correct option. Listen and check. Then ask and answer the questions in pairs.

BEDTIME QUESTIONS

- What time do the people in your house usually go / sleep to bed?
- Do you usually start to fall / feel sleepy before or after your parents?
- Do you usually fall / sleep well at night?
- What time do you feel / get up on school days? Is that too early?
- What time do you usually go / wake up at the weekend?
- Do you ever find it difficult to fall / wake asleep? Why?

TeenSpace

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An open letter

by Carla Lee

Dear Mum and Dad,

I know you don't like it when I go to bed late and I can't wake up early in the morning. But it's not my fault. I'm a teenager, and teenagers are different.

Human brains make a hormone called melatonin, which makes us feel sleepy. But teenagers don't start producing melatonin until about 11 p.m., two hours after adults or younger kids. That's why we can't fall asleep early and we play video games or go on our phones. But that's not a good idea because the blue light from screens reduces the melatonin in our brains and keeps us awake!

The problem is that teenagers are growing, so we need more sleep than adults: eight to ten hours a night! But if we can't sleep before midnight and we have to get up at 7 a.m. to go to school, then one thing is clear: we don't get enough sleep during the week. In some places schools start later, which is great! But our school starts at 8 a.m.!

So what happens? At weekends we sleep late, sometimes very late. 😊 Sleep is important. If you don't sleep well, you feel tired. Your memory fails. You can't concentrate. You get angry more easily. You have more accidents. And you fall ill more often.

So please don't open my curtains too early. I'm not lazy. I just need to sleep.

Love, Carla

VIDEO



WIDER WORLD

- 6 31 Watch four people talking about sleeping and getting up. Write down the sleep habits they mention.
- 7 In pairs, talk about your sleep habits.
- A: What time did you go to bed last night?
- B: I went to bed at ...

