

Sleeping at Work

Most experts agree that adults should get at least 8 hours of sleep a night. However, in recent years the number of hours people sleep has been falling steadily. The (1) of this can be seen in workplaces around the world. It seems most workers (2) on cups of coffee to keep active and alert. Not the Japanese, though! Although adults there get just over 7 hours of sleep a night on average, they (3) themselves a short nap in the office. The practice is called “inemuri”, which means “being present while sleeping”, and is



accepted and even respected in Japanese office culture. In fact, it is viewed as a sign that the worker is temporarily (4) from working very hard. There are some unwritten rules, however. Firstly, you must sit upright in your chair while napping so you can be easily awoken; you shouldn't nap in front of your boss; and you mustn't nap for more than 20 minutes a day. Also, only senior workers at a company can indulge (5) inemuri without fear of upsetting anyone. People who are new to a firm need to show they are keen to learn as much (6) they can about it. All (7) all, however, many experts believe the West has a lot to learn from the practice.

Choose the correct form.

Example: My older brother *left* / *had left* the school
before I *arrived* / *had arrived*.

1 Before I *started* / *had started* university, I *studied* / *had studied* for my A levels. 2 After we *visited* / *had visited* London, we *went* / *had gone* to Paris. 3 Joey *went* / *had gone* home before I *arrived* / *had arrived* at the café at about seven. 4 Karen was very late yesterday. When she *got* / *had got* to the cinema the film *began* / *had begun*. 5 After Vasco da Gama *made* / *had made* plans for the expedition, he *started* / *had started* buying supplies. 6 Before Paul *arrived* / *had arrived*, we *finished* / *had finished* lunch. 7 After she *did* / *had done* her homework, she *went* / *had gone* to the cinema.

Choose the correct item.

1 Mary ***had been studying / has studied*** for four years before she became a lawyer. 2 Tommy was sweaty; he ***has been playing / had played*** football. 3 He was soaked to the skin because he ***walked / had been walking*** in the rain. 4 He went to bed after the film ***has ended / had ended***. 5 Anna ***lived / had lived*** in Paris before she went to London. 6 The girls ***had been studying / studied*** for the exams since Easter. 7 Alex ***had been practising / has practised*** for three months before the concert.