

Sleep

In this lesson, you will discuss everyone's favorite subject—sleep! If you're not a good sleeper, you'll learn five things that could be keeping you awake. If you do sleep well, you can share your tips for getting a good night's rest. After reading the quote, you'll also discuss everyone's least favorite subject—alarm clocks.



Pre-Reading

A. Warm-Up Questions

1. Do you have a bedtime routine?
If yes, what is it? If no, why not?
2. How many hours of sleep do you usually get?
Is this enough?
3. Do you keep electronics in your bedroom?
Why or why not?
4. What prevents you from having a good sleep?

"There is no hope for a civilization which starts each day to the sound of an alarm clock."

—Author Unknown

B. Vocabulary Preview

Match the words on the left with the correct meanings on the right.

- | | |
|------------------------|--|
| _____ 1. gadget | a) a stimulant in coffee, tea, chocolate, and some soft drinks |
| _____ 2. unplug | b) something that people should not do |
| _____ 3. caffeine | c) a handy device with a specific use |
| _____ 4. assume | d) to believe something without knowing the facts |
| _____ 5. nap | e) an act that one conducts in the same way each time |
| _____ 6. toss and turn | f) to save for a specific purpose or a later time |
| _____ 7. no-no | g) to extend one's body to its full length |
| _____ 8. reserve | h) to move around restlessly in bed instead of sleeping |
| _____ 9. ritual | i) to shut down or stop using an electronic device |
| _____ 10. stretch | j) a short period of sleep during the day |

Reading

5 REASONS YOU AREN'T SLEEPING WELL

1. *You play with gadgets before bed.*

Do you check your email or favorite social media site before bed each night? Do you send text messages from a **gadget** at your bedside table? **Unplug** your world at least half an hour before bedtime. You will fall asleep faster.

2. *You eat too close to bedtime.*

Sleep experts say you should eat your last meal at least three hours before bedtime. If you need a light snack, make sure it doesn't contain any **caffeine** or sugar.

3. *You aren't tired yet.*

We need different sleep at different ages and stages in life. Don't **assume** you need eight hours throughout your lifetime. If you **nap** in the day, you won't feel tired at your usual bedtime. Read a book or listen to relaxing music instead of **tossing and turning**.

4. *Your bedroom is your office.*

Do you have a TV or computer in your room? This is a **no-no** according to sleep experts. Keep your screens in an office or living room, and **reserve** your bedroom for blankets, pillows, and relaxation.

5. *You lack a sleep ritual.*

Design a 15-minute pre-bedtime **ritual**. Do the same thing every night before bed. This might include a glass of warm milk and a **stretch** before brushing your teeth. Try to go to sleep at the same time each night.

Comprehension

Practice asking and answering these questions with your partner. Then write your answers in full sentences in your notebook.

1. What is the primary purpose of the list in the reading?
2. What could be an alternative title for this list?
3. What does the list say about taking naps?
4. According to sleep experts, what is a no-no for the bedroom?
5. What examples of regular bedtime routines are mentioned? What are some other ideas?

Vocabulary Review

A. Matching

Match the words on the left to the correct examples on the right.

- | | |
|----------------------------|--|
| _____ 1. no-no | a) coffee or tea |
| _____ 2. ritual | b) Facebook |
| _____ 3. caffeine | c) driving under the influence of alcohol |
| _____ 4. social media site | d) smartphone |
| _____ 5. gadget | e) stretching for five minutes every evening |

B. Examples

Now think of one example sentence of your own for the following words.
Share your examples with a partner.

1. no-no

2. ritual

3. caffeine

4. social media site

5. gadget

Insomnia

Have you ever had insomnia? Insomnia is a chronic inability to fall asleep or stay asleep. When a problem is chronic, it lasts for a long time. Insomnia is often caused by unhealthy sleep habits, such as the ones you read about on page 2.

Which do you find more difficult, falling asleep or staying asleep?

Writing

A. Brainstorm

What are some things people should do before bed to get a good night's rest? Use this space to brainstorm some ideas.

B. Make a List

Write your list here, or type it in a blog post or word document.

10 THINGS TO DO BEFORE BED TO GET A GOOD NIGHT'S REST

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Listening Practice

Designate each corner of your classroom as one of the following: *Strongly Agree / Agree / Disagree / Strongly Disagree*. Listen to your teacher read out the following statements. Walk to the corner that best describes your feelings about each statement.

1. Bedrooms should not have televisions.
2. I can't sleep if I drink caffeinated beverages before bedtime.
3. When I'm worried about something, I toss and turn all night.
4. Relaxation is easy for me.
5. I stick to a bedtime ritual most nights.
6. Reading before bed makes me sleepy.
7. It's okay to check your Facebook status from bed.
8. I get a good night's sleep most nights.
9. My bed is comfortable.
10. I got more sleep ten years ago than I do now.

Role-Play

DOCTOR'S ORDERS

Get together with a partner. Act out a scene between a doctor and a patient suffering from **insomnia**. Try to use vocabulary from the reading.

Discussion

Would you get more or less sleep if you had no clocks in your house?