

Listen!



10

# Sleep

## Let's Think

1. How many hours do you sleep every day?
2. Have you ever stayed up all night? Why?

You are Grace. You are reading an article about sleep in a magazine.

## *The Importance of Sleep for Health*

Dr. George Jones

Sleep is important for our health. People spend roughly 33% of their lifetime asleep. With a good night's sleep, people feel refreshed and are better prepared to face new challenges the next day. However, a poor night's sleep tends to result in higher stress levels and a greater tendency to make mistakes. A person who does not have enough sleep finds it hard to focus. Also, the lack of sleep slows down our metabolism and the rate at which our bodies burn fat.

Although having enough sleep is vital, some people ignore its importance. They have the misconception that an hour of sleep means an hour wasted. They would rather have it spent on doing something else, such as watching entertainment shows after a busy day of work, overlooking the potential threats posed by sleep deprivation.

For adults, the hours of sleep suggested are 7 to 9 per day. To ensure quality sleep, people need comfy bedrooms with dim lights or no lights. It is better to put on loose pajamas as well. Maintaining a regular sleep cycle, that is waking up and going to bed at around the same time every day, would be effective in getting good sleep. Doing light exercises helps too since it reduces tension. Finally, smoking and drinking coffee should be avoided at night. Getting a good night's sleep is important for maintaining a healthy life and a clear mind.

(234 words)



## Part A

Answer the following questions using the information from the article. Choose the **BEST** answer and blacken **ONE** circle only.

- Which of the following is a reason why some people do not have enough sleep?
  - They have bedroom lights on the whole night.
  - They are stressed out by the mistakes they made.
  - They spend their time doing other things when they should sleep.
  - They work too hard during the day.
- To have a good night's sleep, people should **NOT** \_\_\_\_\_.
  - sleep in brightly-lit bedrooms
  - drink coffee regularly
  - exercise at night
  - wake up too early and sleep too late
- The lack of sleep may cause \_\_\_\_\_.
  - stress
  - risks of weight gain
  - inattentiveness
  - all of the above
- From the article, we know that \_\_\_\_\_.
  - time awake means time well spent
  - some people intentionally ignore health risks to stay up late
  - ability to focus is vital to weight control
  - the lack of sleep leads to obesity
- In which of the following magazines may you find the article?
  - Body and Health*
  - Fashion Number One*
  - Sports around the World*
  - Amazing Science*

## Grammar Corner

We can use the **modal verb 'should'** to give advice.

**e.g.** *Finally, smoking and drinking coffee should be avoided at night.* (Lines 15-16)

Scan the related paragraph again and highlight the keywords.

## Part B

Answer the following questions using the information from the article. Write your answers in the spaces provided.

1. What are the two advantages of having a good night's sleep?

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2. Find a word in paragraph 2 which means 'to intentionally not listen or give attention to'.

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What is the part of speech of the word you are asked to look for?

3. In paragraph 2, find a phrase that one uses to say when 'one prefers to have or do one thing more than another'.

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-  4. According to the writer, do you think the following people have had a good or a bad night's sleep? If the person has, write 'G'. If the person has not, write 'B'.

(a) I feel stressed and always make mistakes when I'm working.

(b) My bedroom is quiet and dim. It is quite comfortable.

(c) Every morning when I wake up, I feel refreshed.

(d) I cannot go to bed at regular hours because I have a lot of chores to do.

(e) I go for a walk before sleep. It makes me feel relaxed.

# Vocabulary Bank

The following are different things in a bedroom. Match them with the correct parts of the picture. One of the words is not used.

- |         |                |             |          |         |
|---------|----------------|-------------|----------|---------|
| pillow  | lamp           | quilt       | mattress | bolster |
| curtain | bean bag chair | stuffed toy | switch   | switch  |

1.

2.

3.

4.

5.

6.

7.

8.



## Let's Discuss

1. Can you suggest some ways of improving sleep quality?
2. What would you do to get through the day when you feel exhausted after an uneasy sleep? Why?