



# How to sleep

Lesson code: K6CG-J65B-8PVX-U

ADVANCED

## 1 Warm-up

Do you get enough sleep every night?

## 2 Before you watch

Match the underlined words to their definitions below:

1. When the tide rises at night the water can get quite close to the entrance of the restaurant.
  2. I watched the crabs scramble up the beach.
  3. When the tide is low, the crabs skitter down the beach towards the water.
  4. Marty's behaviour is getting very strange. I think he's losing the plot.
  5. They really enjoyed the party. They've been raving about it all day.
  6. Janet is very atypical. She hates shopping, flowers and chocolate.
  7. Our internal body clock is a huge driver for culture.
  8. The website problems were caused by a surge in users.
  9. When I flew from London to Los Angeles, I suffered from jet lag.
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- a. a sudden increase
  - b. a tired feeling because you have travelled in a plane across different time zones.
  - c. climb quickly using arms and legs
  - d. lose your ability to understand or cope with what is happening
  - e. not representative of a type, group, or class.
  - f. run lightly
  - g. something that creates activity
  - h. talking in an excited way about something
  - i. the alternate rising and falling of the sea



### 3 Listening and Watching

You are going to watch Jessa Gamble talk about our natural sleep cycle. Put T (True) or F (False) next to each statement below and then watch the talk to check your answers.

1. Every plant and animal has its own chemical clock.
2. If you take a horseshoe crab off the beach, it will change its behaviour.
3. If you live underground without a watch for two months, you will get up earlier than usual.
4. When there is 24 hours of darkness in winter, people are very productive .
5. Under natural conditions, humans sleep twice every night.

### 4 Checking understanding

What do you remember? Choose the correct answer for each question below, and then check by reading the transcript of the talk.

1. Why do horseshoe crabs continue to behave as though they are on the beach?
  - a. They have internal cycles.
  - b. They have good memories
  - c. they can smell the beach
2. How do humans know when to sleep when they are underground without a watch?
  - a. we can count
  - b. have internal body clocks
  - c. we can speak
3. Why are people very active in the summer in Arctic Canada?
  - a. because it's warmer
  - b. because there it is never dark
  - c. because they eat more
4. What do people in natural sleep studies experience for the first time in their lives?
  - a. deep sleep
  - b. cleaner air
  - c. true wakefulness
5. Why are our body clocks disturbed?
  - a. because of modern culture
  - b. because of climate change
  - c. because of watches



## 5 Find the words

Find a word or phrase in the transcript which means...

1. something that exists (*noun, P1*) \_\_\_\_\_
2. very strange and not able to be explained by what scientists know about nature and the world (*adj., P2*) \_\_\_\_\_
3. a strong building that is mostly below ground and that is used to keep soldiers, weapons, etc., safe from attacks (*noun, P3*) \_\_\_\_\_
4. to live or behave without a clear purpose or goal (*verb, P3*) \_\_\_\_\_
5. valued too low (*adj., P4*) \_\_\_\_\_
6. never-ending natural light (*phrase, P4*) \_\_\_\_\_
7. extremely busy and active (*adjective, P4*) \_\_\_\_\_
8. not sleeping (*noun, P5*) \_\_\_\_\_

Complete the sentences below with the above words in the appropriate form:

1. Some scientists believe that there are other intelligent \_\_\_\_\_ in the universe.
2. Moscow's metro stations were built so deep underground — they were designed to function as \_\_\_\_\_ in the event of a nuclear attack.
3. In the Arctic, \_\_\_\_\_ lasts from May to August. The sun never sets during this period.
4. It is difficult to force yourself to sleep during a period of \_\_\_\_\_.
5. After Joe lost his job and his wife, he didn't know what to do in his life, so he just \_\_\_\_\_ from place to place.
6. This film is very \_\_\_\_\_ — it should have won an Oscar.
7. Many people believe in \_\_\_\_\_ phenomena such as ghosts and aliens.
8. People who show signs of \_\_\_\_\_ behaviour are excessively cheerful and they can go for days without sleep and without feeling tired.

## 6 Talking point

Discuss any of the following questions:

1. Do you think our culture has a negative impact on our natural body clocks?
2. Do you find it difficult to get up in the morning?

## 7 Flashcard review

Don't forget what you learned in this lesson! Go to [www.linguahouse.com/ex](http://www.linguahouse.com/ex).

