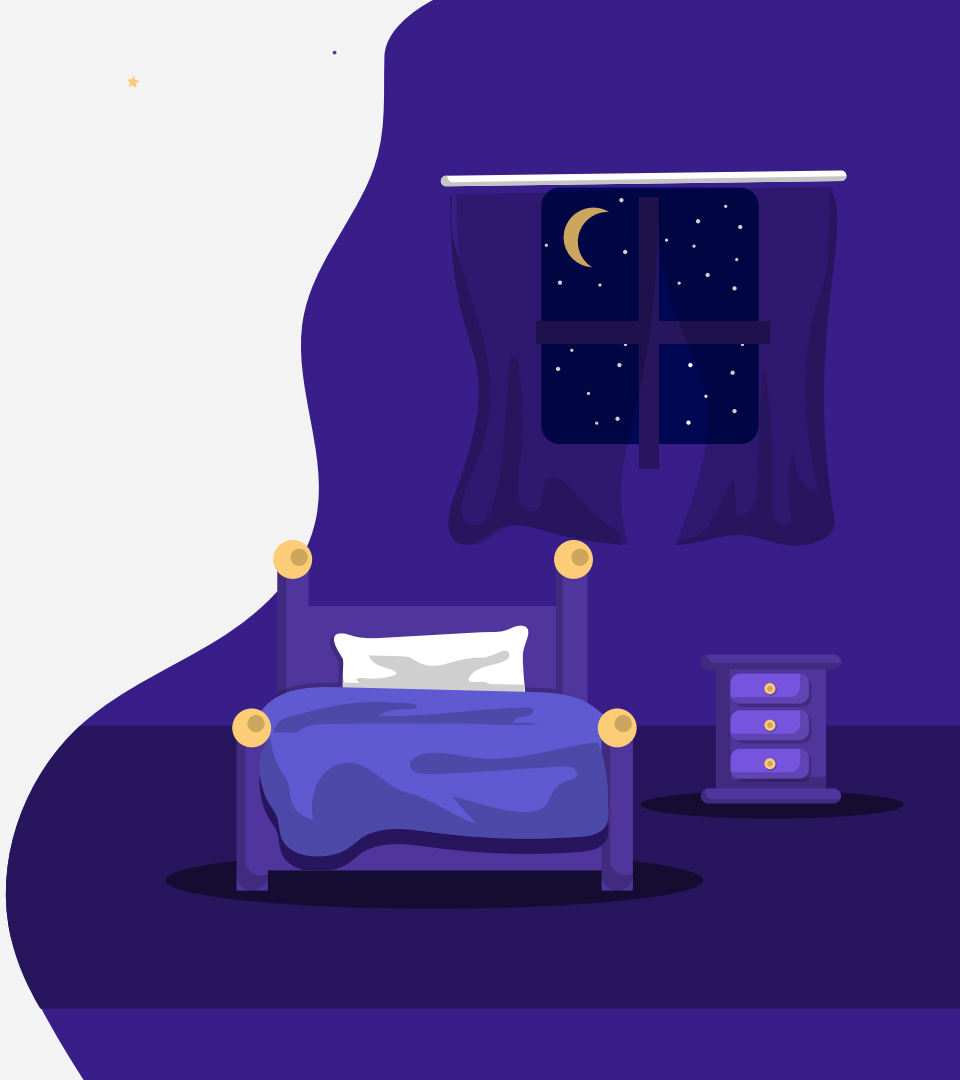


UNIT 4

Lesson 2: Sleep

Student's Book page 47



By the end of this lesson...
You will be able to discuss
sleep habits and use the
passive voice.





Steps of the lesson

01

Vocabulary

Sleep

02

Listening

The science of sleep

03

Grammar

The passive voice

04

Writing

Write a short article

01

Vocabulary

Sleep



WARM-UP QUESTION



- How many hours of sleep did you get last night?
- Was it a normal amount for you?
- How many hours of sleep does a cadet/brigadier normally get?

Short quiz about sleep

How well do you sleep?

1. Do you ever **oversleep**?
 - a) No, I'm a very light sleeper, so my alarm always wakes me up.
 - b) Yes, I'm a **heavy sleeper**, so I often sleep through the alarm.
 - c) Yes, but I don't mind. Sometimes it's good to **have a lie-in**.
2. How long does it usually take you to fall asleep?
 - a) Not long at all. I **drop off** as soon as my head hits the pillow.
 - b) Quite a long time. I usually read for an hour. It helps me to switch off.
 - c) It depends. I sometimes lie awake in bed thinking about work or family problems.
3. Do you do anything to help you get to sleep?
 - a) Yes, I sometimes do relaxation exercises.
 - b) If I can't sleep, I count or do maths problems in my head.
 - c) I listen to podcasts or check my phone until I feel tired.
4. How often do you have trouble going to sleep?
 - a) Never.
 - b) Occasionally. It's usually because I'm worried about something.
 - c) All the time. I'm an **insomniac**, so I often have a **nap** in the afternoon to try and catch up on sleep.
5. Do you usually remember your dreams?
 - a) I sometimes remember my dreams, especially if I've been in a **deep sleep**.
 - b) I never remember my dreams.
 - c) I don't usually remember dreams except when I wake up after having a **nightmare**.
6. Do you ever **snore**?
 - a) Sometimes when I'm really **exhausted**.
 - b) Only if I have a cold.
 - c) Yes, I'm very noisy. I sleep in a room on my own so that I don't **keep** my partner **awake**.

VOCABULARY WORDS

Verbs:

To oversleep: To sleep longer than you should (usually by mistake)

To have a lie-in: To sleep later than usual (on purpose)

To drop off: To fall asleep (informal)

To snore: To make noise while sleeping

To keep someone awake: To stop someone from sleeping



VOCABULARY WORDS

Nouns / Adjectives:

(n) **An insomniac:** a person who can't sleep well

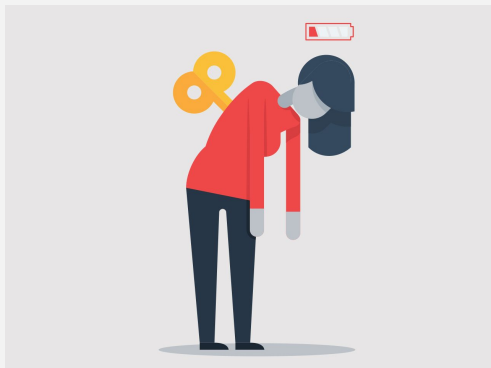
(n) **A heavy sleeper:** a person who doesn't wake up so easily

(n) **A nap:** a short sleep during the day

(n) **A deep sleep:** a very strong sleep that is hard to wake up from

(n) **A nightmare:** a bad dream

(adj) **exhausted:** very, very tired





ACTIVITY 1

oversleep

heavy sleeper

have a lie-in

drop off

insomniac

nap

deep sleep

nightmare

snore

exhausted

keep

awake

1. You can say that you to mean that you fall asleep.
2. A short sleep during the day is called a .
3. Someone who often or always has trouble sleeping is a(n) .
4. When you are very tired, you are .
5. If you do not wake up easily, even when it's noisy, then you're a , and you usually go into a very .
6. If you make a rough breathing noise when you sleep, then you .
7. A dream where something bad happens is a .
8. If you deliberately stay in bed later than normal, you .
9. If you stop other people from sleeping, you them .
0. If you don't wake up when you are supposed to, then you .



ACTIVITY 2 - WB pg 25

1A. Complete the sentences with the words below.

deep

dropping off

exhausted

keep

nightmare

oversleep

sleeper

snore

Doctor: Thanks for coming to the sleep clinic. I'd like to ask you a few questions before we run some tests.

Fran: Sure. I've just been so (1) lately and I don't know why! I go to bed early, but often (2) and end up being late for work.

Doctor: What time do you usually go to bed?

Fran: About ten o'clock. I don't have any problems (3) and I'm never awake past 11 p.m.

Doctor: Do you wake during the night?

Fran: Only if I'm having a (4) . But I usually go back to sleep again once I'm calmer.

Doctor: And do you (5) ? I mean, has anyone ever told you that you do?

Fran: Sometimes – if I've gone to bed *really* tired. I (6) my husband awake then because I'm so loud – so he says! I think I must be quite a heavy (7) .

Doctor: Why's that?

Fran: Well, I usually wake up with a headache. When my alarm goes off, it's like I must've been in a really

(8) sleep and I struggle to wake up.

Doctor: Well, that doesn't sound good. What we're going to do at the clinic is ...



ACTIVITY 3 - WB pg 25

☰ 1B. Choose the correct word or phrase to complete the sentences.

1. I'm _____ - I never wake up, even if there's a thunderclap outside!

- ☒ a. a heavy sleeper ☐ b. an insomniac ☐ c. exhausted

2. There was a noisy party last night which _____ us awake.

- ☒ a. kept ☐ b. overslept ☐ c. dropped

3. I _____ today - I just didn't hear my alarm.

- ☐ a. kept awake ☒ b. overslept ☐ c. lied in

4. She says she always takes a short _____ on the train after work.

- ☒ a. nap ☐ b. nightmare ☐ c. snore

5. I rarely get a _____ - my kids are up at dawn practically every day!

- ☐ a. drop off ☒ b. lie-in ☐ c. nap

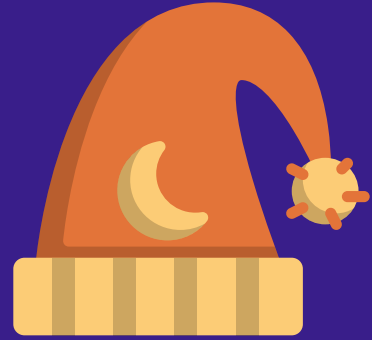
6. My husband says that I _____ and keep him awake at night.

- ☐ a. oversleep ☐ b. drop off ☒ c. snore

02

Listening

The science of sleep



ACTIVITY

2A Work in groups. Read the information about the BBC Radio programme and answer the questions.

The science of sleep

B B C

We spend around a third of our lives asleep, but the reason we sleep is still a mystery. Could it be the biggest mistake the evolutionary process has ever made? What does sleep actually do for us? David Edmonds meets Matthew Walker, one of the world's leading sleep scientists, to find out.

- 1 On average, how many hours a night do you think people in the developed world sleep?
- 2 Why do you think humans sleep? Is it just a waste of time?

C  **4.02** | Work in pairs. Answer the questions. Then listen again and check.

- 1 Why does the presenter say that sleep seems 'a monumental waste of time'?
- 2 What do you learn about sleep in the 1940s, compared to now?
- 3 What happens to people's health when the clocks change in the spring and the autumn?
- 4 Why is sleep important for making decisions?

D Work in groups. Discuss the questions.

- 1 What happens to you if you don't get enough sleep?
- 2 Do you have an expression in your language meaning 'to sleep on a problem'?

03

Grammar

Passives





The Passive Voice

In general, we use the **passive** when we focus on:

→ The person or thing that **RECEIVES** the action

NOT the person who does the action. → They are unknown, obvious, or unimportant.

Example:

→ (Active Voice) People speak English in many countries.

→ (Passive Voice) English is spoken in many countries.



The Passive Voice

We can also use the passive voice to talk about **general beliefs and opinions**. This is more common in formal writing.

→ To talk about beliefs or opinions, we use:

it is + thought/expected/believed/etc. + that + clause

To use the passive, we will focus on **3 tenses**:

Example:

→ (Present Simple) It **is** believed that phones...

→ (Past Simple) It **was** expected that people would...

→ (Present Perfect) It **has been** reported that...

ACTIVITY 1 - WB page 26

Why do people ...

... sleepwalk?

It (1) (**suggest**) that sleepwalking runs in families. If you have a family member who walks in their sleep, it (2) generally (**accept**) that you are ten times more likely to do it yourself. It (3) also (**suspect**) that stress, illness and medication can make sleepwalking more likely. It (4) once (**assume**) to be dangerous to wake a sleepwalker, but this (5) now (**not consider**) to be a problem. However, it should be done quietly and carefully to keep distress to a minimum.

... talk in their sleep?

Talking in your sleep (6) (**define**) as a sleep disorder where the sleep-talker doesn't know what they're doing. Speech (7) more easily (**understand**) when it occurs during REM sleep (**when people are dreaming**). Anyone can sleep-talk, but it (8) (**observe**) most often in men and children. Records show that sleep-talking (9) (**notice**) by ancient Greek philosophers about 2,500 years ago, so it (10) (**not discover**) recently. Sleep-talking isn't usually a problem and does not require treatment.

ACTIVITY 2 - SB pg 120

2. Complete the article with *it* and the correct passive form of the verbs in brackets.

Sleep habits from around the world

Siestas

(1) (**think**) that the Spanish tradition of having a sleep in the afternoon dates back thousands of years. In the past, (2) (**believe**) that a siesta was necessary to give farmers time to rest and restore their energy in the hot climate. Nowadays, (3) still (**expect**) that many people will go home and enjoy a long lunch and rest with their family.

Late bedtimes for kids

(4) (**report**) recently that parents in countries like New Zealand and Australia put their young children to bed by about 7 p.m., whereas in countries like Spain and Argentina it's common to see young children staying up until late in the evening, after 11 p.m. (5) (**think**) that children in Asian countries sleep less on average than children who live in the USA, Canada and New Zealand.

Alfresco naps

In a recent study, (6) (**report**) that in Scandinavian countries including Norway and Sweden, parents often leave their babies outside to sleep, even in the middle of winter. In these countries, (7) (**believe**) that the fresh air is good for children's health and being outside helps to prevent them from getting sick.

Napping in public

The Japanese practice of *inemuri*, or 'sleeping while present', allows people to multitask. In many Japanese companies, (8) (**expect**) that people will work long hours and might be tired. As a result, (9) (**considered**) quite normal that workers might fall asleep on a park bench or a commuter train, at a dinner party or even during a work meeting.

04

Speaking

Sleep habits: Myths



SPEAKING ACTIVITY

6A Work in groups. Discuss the statements about sleep (1–9). Do you think they are true, or are they myths? Can you give examples from your own experience?

Reality or myth?

- 1** It is believed that some adults only need five or fewer hours of sleep a night.
- 2** It's been suggested that, in health terms, it doesn't matter whether you sleep during the day or at night.
- 3** It is known that some people walk around in their sleep and can carry out complex activities, such as driving and cooking.
- 4** It's thought that boredom can make you sleepy.
- 5** It's been suggested that adults need less sleep as they get older.
- 6** It's been suggested that it is fine to sleep very little during the week, then catch up at the weekend.
- 7** It's thought that watching TV in bed is a good way to relax before going to sleep.
- 8** It's been suggested that doing exercise before going to bed will stop you from going to sleep.
- 9** It's believed that scrolling on your phone before you go to sleep or during the night makes it more difficult for you to wake up the next day.

SEE YOU NEXT CLASS!!!

AND REMEMBER TO GO TO CONSULTORÍAS!!

