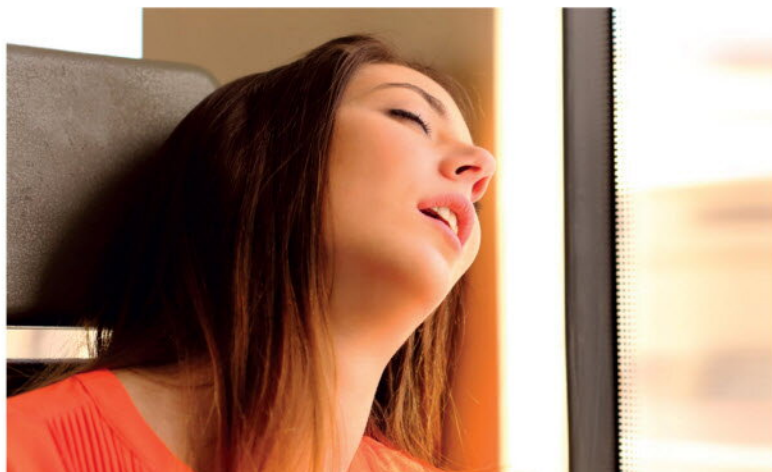


## 9.2 Sleep

GOALS ■ Talk about past and present habits ■ Talk about sleep patterns

### Grammar & Reading past and present habits

- 1a Work with a partner. Look at the photos and make a list of at least five places where people might sleep, apart from in a bed.



- b Have you ever slept in any of the places in your list? Why? How restful was it? Tell your partner.
- 2 With your partner, decide if you think these statements are true (T) or false (F).
- 1 Going to sleep straight after learning something new will help you to remember it.
  - 2 Women are almost twice as likely as men to fall asleep while driving.
  - 3 Teenagers need as much sleep as small children.
  - 4 Nowadays, people sleep less since the invention of electric light.
  - 5 It is possible to train yourself to need less sleep.
  - 6 A fifteen-minute sleep is more refreshing than a cappuccino.

- 3 Read the online article and check your answers to exercise 2.

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### Some facts about sleep which may surprise you

Insomnia is almost twice as common in women as in men, but even those who feel they haven't slept a wink probably have had more sleep than they think. Nowadays we believe that we need to get eight hours' uninterrupted sleep; but in the Middle Ages, people **would often** get up for a while in the night, wide awake, to chat or even visit neighbours. However, it is true to say that having artificial light sources has meant that we tend to get less sleep overall than we **used to**.

According to recent research, nearly half of US adults admitted to falling asleep unintentionally during the day – at work, on public transport or, worryingly, while driving. Twice as many men as women admit to nodding off while driving. In many cultures, having a snooze (though not while driving!) is much more culturally acceptable than in the US, and it might help to make the roads safer. Apparently, a short nap is more refreshing than a cup of coffee.

Once parents stop managing their bedtimes, teenagers **usually** start going to bed much later. However, because their brains are still developing, they still need between nine and ten hours a night, as much as a six-year-old. Late-night studying, however, does have some advantages, as there is evidence that sleeping when you've just learnt something new will help your memory to retain it.

80% of people need between six and nine hours' sleep a night. But if you **are used to sleeping** like a log for nine hours, can you force yourself to **get used to having** only six? Apparently not, but you can catch up on missed sleep by having a lie-in, and it even works if you have the lie-in on the morning before you miss the sleep.



- 4 Complete the Grammar focus box by looking at the highlighted phrases and words in the article.

### GRAMMAR FOCUS past and present habits

#### Past habits

- We use <sup>1</sup> \_\_\_\_\_ + bare infinitive for finished habits and situations: things that were true but are not true now.
- <sup>2</sup> \_\_\_\_\_ + bare infinitive is also used to talk about past habits and typical behaviour, but it cannot be used in this way with state verbs (e.g. *live, love, be*).

#### Present habits

- When we want to talk about present habits, we can't use *used to* + infinitive. We use the present simple tense and sometimes an adverb such as <sup>3</sup> \_\_\_\_\_.
- We use <sup>4</sup> \_\_\_\_\_ + *used to* + *-ing* to say that we **are** familiar with or accustomed to something.
- We use <sup>5</sup> \_\_\_\_\_ + *used to* + *-ing* to say that we **are becoming** familiar with or accustomed to something – it isn't our usual behaviour yet.

Note that both these uses of *used to* in the present are adjectives + prepositions, not verb forms.

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- 5 Choose the correct options to complete the sentences. Sometimes both options are possible.

- 1 I have to get up at 6 a.m. for my new job. It's difficult because I'm not *used to getting up* / *used to get up* so early.
- 2 João has lived in Brazil all his life, so he's *getting used to* / *used to* it being hot at night.
- 3 I *used to love* / *would love* late nights, but now I seem to need my sleep more.
- 4 Don't ring me before 9 a.m., as I *usually* / *used to* get up late at the weekend.
- 5 When I first started working nights, it was difficult. But now I'm *used* / *getting used* to it. It isn't a problem any more.
- 6 When I was a child, I *used to* / *would* stay up late reading with a torch under the sheets.

### Vocabulary sleep patterns

- 6 Complete the sentences using the correct form of the verbs in brackets.
- 1 If you aren't used to \_\_\_\_\_ (sleep) in a hammock, it can be uncomfortable.
  - 2 I used to \_\_\_\_\_ (wake up) a lot at night, but now I'm so tired I sleep really heavily.
  - 3 I can't get used to \_\_\_\_\_ (go) to bed when it's still light outside.
  - 4 Did you use to \_\_\_\_\_ (have) nightmares when you were a kid?

- 5 I found it difficult to get used to \_\_\_\_\_ (sleep) in my new bed.
- 6 She found it hard when she had a baby because she was used to \_\_\_\_\_ (get) plenty of sleep.



- 7 Write an expression from the article in exercise 3 which has a similar (S) or an opposite (O) meaning to these idioms.

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 get up at the crack of dawn (O) | 4 be a light sleeper (O)      |
| 2 fast asleep (O)                 | 5 sleep soundly all night (O) |
| 3 falling asleep (S)              | 6 have a nap (S)              |

- 8a Complete the idioms.

- 1 Given the choice, would you prefer to have a/an \_\_\_\_\_ in or to get up at the \_\_\_\_\_?
- 2 How quickly do you usually \_\_\_\_\_ off at night?
- 3 Are you a \_\_\_\_\_ sleeper, or do you sleep like a/an \_\_\_\_\_?
- 4 When was the last time you had a night where you didn't sleep a/an \_\_\_\_\_?
- 5 Have your sleep habits changed? Did you use to \_\_\_\_\_ asleep more quickly?
- 6 Have you had to get used to a different amount of sleep? Do you ever have a/an \_\_\_\_\_ during the day?

- b 9.4 ))) Listen to Maria talking about her sleep habits. Which question in exercise 8a is she answering?

- c Ask and answer the questions in exercise 8a with your partner.

### ▶ VOX POPS VIDEO 9