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- When the author's parents scolded her,
- 1) they discovered her problem
- 2) the author realised the problem herself
- 3) her sister realised the problem
- 4) the author and her sister were confused

I had been known to sleepwalk as a child, often getting up in the middle of the night to use the bathroom, but not knowing I had done so. I had a habit of leaving the bathroom light on, which is what should have given it away, after weeks of my parents scolding my sister and me for failing to turn it off. The thing is, we always did turn it off, or so we thought.



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- How did author react when her sister first told her she'd seen her in the bathroom?
 - 1) with complete shock
 - 2) with certainty that she was wrong
 - 3) with confusion
 - 4) with a great deal of irritation

It was my sister, actually, who discovered the problem, to her astonishment, when she got up to use the bathroom herself, and found me in front of the bathroom basin washing my hands. She said she'd waited for me to finish, and when I did, I walked right past her with a blank stare on my face. She'd asked me if I was OK; I'd said nothing and gone back to bed. When she mentioned it that morning, I had no recollection of the event, and I flatly denied that it had happened.



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- The author's parents were convinced that the problem would
 - 1) cause her to be in danger
 - 2) go away on its own
 - 3) need attention from a professional
 - 4) only result in a minor problem

It was of great concern to my parents, who assumed that something awful would happen to me during one of the episodes. What if I went for a walk round the block, in my pyjamas? They told my sister to lock our bedroom door at night, and then to hide the key, after I actually found it and used it on one occasion. We considered consulting a sleep therapist; however, the locked door seemed to do the trick, and the episodes stopped.



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- What did the author do in her sleep as an adult?
- 1) clean the kitchen furiously
- 2) cook a meal
- 3) hide her car keys from herself
- 4) go for a long drive

Flash forward to my life as a young adult. I was living alone and I began to notice some peculiar things around my flat, worse than just a left-on bathroom light, although not dangerously so. I would go to get something which I was sure was in the fridge, only to find it missing. I would see dirty saucepans on the cooker, something which as a self-professed cleaning freak I would never leave for the next day. I realised that I'd re-started my childhood habit. I had heard stories of people driving while asleep, so I started hiding my car keys from myself in different places every night, in the hope that I wouldn't remember where I had put them. I sometimes didn't when I was awake!



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- At the sleep clinic, the author felt her condition was
- 1) less serious than that of most other patients
- 2) similar to that of most other patients
- 3) more serious than that of most other patients
- 4) similar to the very worst cases

I decided that before things got out of hand, I would visit a sleep clinic. I set up an appointment and met a professional who suggested I stayed in their clinic overnight. The facilities were very comfortable and the staff helpful and pleasant. Most of the patients were there for minor sleeping problems, which was the category I felt I fell into, as opposed to the few with more disturbing sleep issues, such as not sleeping for days, or falling asleep randomly and without control. I was asked whether or not I wanted to take medication, which I was advised wouldn't – and couldn't – be a permanent routine. I decided against it, preferring to try other methods.



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- “It” in “I decided against it “ in the sixth paragraphs refers to
- 1) accepting any form of treatment
- 2) taking medication
- 3) adopting a permanent routine
- 4) staying on at the clinic

for days, or falling asleep randomly and without control. I was asked whether or not I wanted to take medication, which I was advised wouldn't – and couldn't – be a permanent routine. I decided against it, preferring to try other methods.



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- What does the expression “hit the nail on the head” in the last paragraph refer to?

- 1) 1) Finding a good therapist 2) getting angry about something 3) identifying the right solution 4) doing physical therapy

You see, there are no defining triggers to sleepwalking. In other words, it's hard to **hit the nail on the head** when it comes to finding the cause and prescribing remedies. Instead, the therapist helped me to try and work out what might be disrupting my sleep; if it was stress, not sleeping to a schedule, doing too many things before bedtime, and so on. I had to see which of those things might be my trigger, and change it so that I'd stop my sleepwalking for good.



12-18

12 4

14 1

16 2

18 3

13 2

15 2

17 2

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SLEEPY TEENAGERS

- It's official. Teenagers need more sleep than their parents. According to sleep experts, people aged between 10 and 17 need to sleep between 8.5 and 9.25 hours each night. Are you tired at the moment? What time did you go to bed last night? Have you ever fallen asleep in a class? Recent research shows that 25 per cent of the UK population suffer from some sort of sleep disorder and two-thirds of British children may be sleep deprived.



SLEEP LESSONS

- Research in Scotland has shown that teenagers are suffering from sleep deprivation which is causing problems with behaviour, concentration and learning. To get nine hours sleep, a teenager needs to go to bed at about 10 p.m. during the school week. However, many young people watch TV till around midnight and then play computer games till late into the night. Teachers in Scotland now give lessons on the importance of sleep to their teenage pupils. The teachers want young people to understand that sleep is very important if you want to do well at school and enjoy your life.



SLEEPING HABITS

- I share a room with my older brother. He snores! It's really annoying.

Clyde, aged 16

- I read in the paper the other day that most children in Britain don't sleep enough. They watch TV until late in the evening and then they are really tired at school. I'm a teacher and sometimes in the classes after lunch the students look as if they are about to fall asleep. They yawn a lot and look quite exhausted! Some people say that maybe school should start later for teenagers. I think they might be right.

Jag, aged 29



SLEEP ADVICE

- If you have a sleep problem here is some advice from the sleep experts:
- You shouldn't drink tea or coffee in the evenings.
- You should go to bed at the same time every night, even at the weekend.



DISCUSSION

- ❑ Do you have problems with your sleep?
- ❑ Do you believe that not getting enough sleep can cause problems at school?
- ❑ Do you watch television in bed?
- ❑ Do you like sharing a room with your sibling?
- ❑ Do you have a regular bedtime?
- ❑ How much sleep do you get on a school night?
- ❑ Do you sleep too much or too little?
- ❑ Do your sleep habits change at the weekend?
- ❑ What's the perfect amount of sleep for you?
- ❑ What effects do you notice if you don't get enough sleep?
- ❑ What's your favourite place for a quick snooze? Can you fall asleep anywhere, or do you need a comfy bed?
- ❑ Do you sleep well? What do you think about doing activities at night time if you can't sleep?



- ❑ Sleep research suggests that a teenager needs between eight and 10 hours of sleep every night.
- ❑ Most teenagers only get about 6.5-7.5 hours sleep per night.
- ❑ Teen's body clocks naturally shift to make them feel tired later in the evening, but early school starts do not enable them to sleep in the mornings.
- ❑ Chronic sleep deprivation can have dramatic effects on a teenager's life, including affecting their mental wellbeing and reducing their academic performance at school.
- ❑ Smart phones and other devices used around bed time reduce sleep time.
- ❑ Avoiding stimulants such as coffee, tea, soft drinks and energy drinks in the evening can help to promote better sleep.



THE REASONS WHY MANY TEENAGERS REGULARLY DO NOT GET ENOUGH SLEEP

- Using screen based devices
- Hectic after-school schedule
- Leisure activities
- Light exposure
- Social attitudes
- Sleep disorder



TOP SLEEP TIPS FOR TEENAGERS

- ❑ Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed, or use meditation or mindfulness activities. Gentle yoga may also help.
- ❑ Avoid screens such as computers, TV or smart phones, loud music, homework or any other activity that gets your mind racing for at least an hour before bedtime.
- ❑ Keep your bedroom dark at night. Your brain's sleep-wake cycle is largely set by light received through the eyes. Try to avoid watching television or using smart phones right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
- ❑ Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
- ❑ Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
- ❑ Add an extra 10 minutes every week until you have reached your desired bedtime.
- ❑ Get active during the day so you are more physically tired at night.
- ❑ Set up a comfortable sleep environment.
- ❑ Set up a regular wake-up time.
- ❑ Avoid staying up late on the weekends. Late nights will undo your hard work.



EFFECTS OF TEENAGE SLEEP DEPRIVATION

- concentration difficulties
- shortened attention span
- memory impairment
- poor decision making
- lack of enthusiasm
- moodiness and aggression
- depression
- risk-taking behaviour
- slower physical reflexes
- clumsiness, which may result in physical injuries
- reduced sporting performance
- reduced academic performance
- increased number of 'sick days' from school because of tiredness
- truancy



WHY IS IT HARD FOR TEENS TO GET GOOD SLEEP?

- Delayed Sleep Schedule and School Start Times
- During adolescence, there is a strong tendency toward being a “night owl,” staying up later at night and sleeping longer into the morning. Experts believe this is a two-fold biological impulse affecting the circadian rhythm and sleep-wake cycle of teens.
- Time Pressure
- Teens often have their hands full. School assignments, work obligations, household chores, social life, community activities, and sports are just some of the things that can require their time and attention.



USE OF ELECTRONIC DEVICES

- Electronic devices like cell phones and tablets are ubiquitous among teens, and research, such as the 2014 Sleep in America Poll, finds that 89% or more of teens keep at least one device in their bedroom at night.



WHITE NIGHTS - THE INSOMNIAC'S DREAM

- Most people know the frustration of the white night. No matter how hard you try, you can't sleep. In fact, the harder you try, the more awake you feel. Under pressure to fall asleep, you are glancing at the clock every few minutes, constantly calculating the time left until morning. You begin to dread the tiredness you'll feel the next day. Perhaps the worst thing about sleeplessness is the loneliness – the feeling that the whole world is fast asleep and dreaming, leaving you alone with your worries. Often I have found myself wishing for late-night solace in a 24-hour café or art gallery, and wondering where I can find such a thing. In the UK, where I come from, nocturnal culture is very limited. Most shops close by 5.30pm and most restaurants by 11pm. Even the clubs close earlier than those on the continent. Sure, 24-hour supermarkets and corner shops exist in bigger cities – and many universities have a 24-hour library. But since I'm no longer a student, all night culture is harder to find. Visiting Moscow a couple of years ago, I was thrilled to discover an all-night bookshop (a comforting thought for the insomniac, even if you never need to buy *Crime and Punishment* at 3am).



- However, insomniacs around the world can rejoice. “White night” has a new meaning: no longer a cause for dread, it's now the name for an all-night arts extravaganza. It began in St Petersburg, a city located at high latitude, where for a few weeks in June it never totally gets dark. The idea has spread to several cities including Melbourne, Montreal and Tel Aviv. Two weeks after arriving in Paris, I experienced my first White Night. Cycling with a friend from churches to gymnasiums to playgrounds, we discovered films, music and stunning art installations. There were games, walking tours and fireworks on the river Seine. Restaurants and galleries were open late, and two of the metro lines kept going all night. Most wonderful of all, there was a swimming pool open until 5am, lit up in fantastic colours, with a huge sculpture suspended above the water. There's something indescribable about nocturnal swimming, added to the excitement of being in a place that is normally off-limits at night. I went to bed at 8am, refreshed, invigorated and absolutely exhausted. I don't think I have ever slept so well.



Imagine that you are doing a project on **reasons why many teenagers from Zetland do not get enough sleep**. You have collected some data on the subject – the results of the opinion polls (see the table below). **Comment on the data in the table and give your personal opinion on the subject of the project.**

Using screen-based devices	53%
Social attitudes	20%
Leisure activities	13 %
Hectic after-school schedule	10 %
Sleep disorder	4 %

- Use the following plan:
- make an opening statement on the subject of the project;
 - select and report 2–3 facts;
 - make 1–2 comparisons where relevant;
 - outline a problem that a teenager has with their bedtime routine and suggest a way of solving it;
 - draw a conclusion giving your personal opinion on why sleep is very important for teenage children



ВАРИАНТЫ ЗАДАЧИ 5 ПАРАГРАФА

- – draw a conclusion giving your personal opinion on why it is hard for teenagers to get good sleep
- – draw a conclusion giving your personal opinion on the importance of sleep for a teenage pupil
- draw a conclusion giving your personal opinion on the effects of sleep deprivation



EFFECT COLLOCATIONS

- **significant/substantial/marked** (=quite big)
- To have a marked effect on
- A relatively small effect
- To have some good effects on
- To have a very positive effect on
- Is beginning to have a bad effect on
- Some of the effects can be quite dangerous
- Do not seem to have any visible/noticeable effect on

