

6B Sleeping Beauty

1 LISTENING & SPEAKING

- a Do you have problems sleeping? Why (not)?
- b (3 40, 41, 42)) You are going to listen to three people who have problems sleeping at night. Listen and take notes on what their problem is, and what has caused it. Compare with a partner and then listen again to complete your notes.

Speaker 1	Speaker 2	Speaker 3

- c Answer the questions with a partner.
- 1 Do you usually sleep with your bedroom completely dark, or with the curtains or blinds open? Do you have problems sleeping if there is too much or not enough light for you?
 - 2 Have you ever worked at night? Did you have any problems sleeping the next day? Why (not)? Do you think you would be able to work at night and sleep during the day?
 - 3 Have you ever flown long haul? Where to? Did you get jet lag? How long did it take you to get over it?



2 GRAMMAR

used to, be used to, get used to

- a Look at some extracts from the listening. Match the highlighted phrases to their meanings 1–3. What form is the verb after a) *used to* b) *be* / *get used to*?
- In Spain I **always used to sleep** in complete darkness.
- It's very hard to get used to being** awake all night
- And just when I'm **finally used to being on New York time**, then it's time to fly home.
- 1 I usually did this in the past.
 - 2 It's not a problem for me because it is now a habit.
 - 3 It's a problem for me because it hasn't become a habit yet.
- b ▶ p.143 Grammar Bank 6B. Find out more about *used to, be used to* and *get used to* and practise them.

3 PRONUNCIATION

sentence stress and linking

- a (3 45 Listen and repeat three sentences. Notice the rhythm and how the words are linked.
- 1 I'm used to working in a team.
- 2 I can't get used to driving on the right.
- 3 I used to get up at six o'clock every day.
- b (3 46 Now listen and write down three more sentences.
- c Practise saying the sentences quickly, getting the stress right and trying to link the words.
- d Talk to a partner. Ask for and give more information.
- 1 When you were a child, did you use to...?
 - share a room with a brother or sister
 - have nightmares
 - wake up very early in the morning
 - 2 Do you have problems if you have to sleep in a bed that you aren't used to sleeping in (e.g. in a hotel)?
 - 3 Do you think you would find it difficult to get used to...?
 - getting up at 5.30 a.m. every day
 - only being able to sleep for six hours a night
 - not having breakfast in the morning

4 READING & SPEAKING

- a Read the introductory paragraph of *Three things you (probably) didn't know about sleep*. Do you know the answers to any of the questions?
- b Read **Living your dreams** and mark the sentences **T** (true) or **F** (false). Underline the part of the text that gave you the answer.
- 1 When we have a 'lucid' dream we know that we're dreaming.
 - 2 In a 'lucid' dream the person who is dreaming can never change what is happening.
 - 3 Gamers may be able to control their dreams because dreams are similar to computer games.
 - 4 The reason we have nightmares may be to prepare us for certain dangerous situations.
 - 5 Video gamers have more nightmares than non-gamers because they don't experience dangerous life-threatening situations.
 - 6 Video gamers are braver in their dreams than non-gamers.
- c ► **Communication** *Three things you (probably) didn't know about sleeping*. **A** *Sleeping Beauty* p.108 **B** *How our ancestors used to sleep* p.111. Tell your partner some more interesting facts about sleep.
- d In pairs see if you can remember some of the words and phrases from the articles you have read or heard.

Vocabulary Quiz

- 1 a medical condition, often an unusual one: a _____
 - 2 an adjective meaning staying faithful to somebody and supporting them: _____
 - 3 an adjective often used with sleep. A person who is in a ~ sleep is difficult to wake: _____
 - 4 a hundred years, e.g. from 1900 to 2000: a _____
 - 5 the time in the evening when it becomes dark: _____
 - 6 the verb meaning to speak to God: _____
 - 7 the word for a person who plays a lot of video games: a video _____
 - 8 an adjective meaning clear, especially after a period of confusion: _____
 - 9 to change position so as to face the other way: _____
- e Answer the questions in pairs.
- 1 Do you play video games? Do you think it has any effect on the way you dream? Do you think it has any positive or negative effects on you?
 - 2 What do you think would be the worst thing for someone with Sleeping Beauty Syndrome?
 - 3 Do you think sleeping in two shorter periods is a better way of sleeping? Do you think it would suit you and your lifestyle?

Three things you (probably) didn't know about



Everybody loves it. Everybody needs it. No-one seems to get enough of it. We all know that most people need eight hours sleep, and that REM* sleep is when you have most dreams, but here are three questions about sleep which you may not know the answer to:

- How can video games help us control our dreams?
- What is Sleeping Beauty Syndrome?
- What did our ancestors use to do in the middle of the night (which we don't)?

Living your dreams

A university psychologist in Canada believes that people who play video games are more likely to be able to control their own dreams. Jayne Gackenbach studied the dreams of regular video gamers and non-gamers and found that people who frequently played video games experienced 'lucid' dreams more often. A lucid dream is one in which we are aware that we are dreaming. In a lucid dream, the dreamer is sometimes able to control or influence what is happening to them in the dream – very similar to controlling the action of a character in a video game.

'Dreams and video games are both parallel universes,' says Gackenbach, 'Gamers spend hours a day in a virtual reality and they are used to controlling their game environments, and this seems to help them to do the same when they are dreaming.'

Gackenbach also discovered that video gamers have fewer nightmares than non-gamers. Some experts believe that we have nightmares to help us practise for life-threatening situations in a safe environment. Since video gamers already practise those situations regularly in games, Gackenbach's research suggests that video gamers may have less need of nightmares. But, interestingly, when gamers *do* have a nightmare they react differently to non-gamers: 'What happens with gamers,' says Gackenbach, 'is that when they have a frightening experience in a dream they don't run away like most of us do, they turn round and fight back.'

*REM is an abbreviation for 'rapid eye movement'

6B THREE THINGS YOU (PROBABLY) DIDN'T KNOW ABOUT SLEEPING Student A

Sleeping Beauty

In 2008, when Louisa Ball was fourteen, she had the symptoms of flu and soon after she began falling asleep in class. Then one day she went to sleep and didn't wake up...for ten days. Doctors diagnosed her as having a rare neurological disorder called Kleine-Levin Syndrome, also known as 'Sleeping Beauty Syndrome.' People who have this medical condition often sleep for long periods without waking up.

Louisa regularly misses long periods of school, her weekly dance lessons (and, once, a whole week of a family holiday) because she is asleep. On one occasion she even missed her final exams. When she sleeps for several days her parents have to wake her up once a day to give her something to eat and take her to the bathroom. But then she immediately falls back into a deep sleep.

People who have this syndrome often complain that they lose their friends because they disappear for such long periods of time. Fortunately, Louisa's friends have stayed loyal and they even visit her on days when she is asleep.

Although she sometimes feels frustrated Louisa says, 'I've got used to it now and I've learnt to live with it.' Doctors have told her that the syndrome will eventually disappear, but maybe not for ten or fifteen years.

- a Read the article and answer the questions.
 - 1 What exactly is the syndrome?
 - 2 What were the early symptoms of Louisa's medical problem?
 - 3 What affect does the syndrome have on her life? How have her friends reacted?
 - 4 What do her parents do when she has one of her long sleeps?
 - 5 How does she feel about her problem?
- b Use the questions to help you to tell **B** about the Sleeping Beauty Syndrome.
- c Then listen to **B** telling you about how our ancestors used to sleep.

6B THREE THINGS YOU (PROBABLY) DIDN'T KNOW ABOUT SLEEPING Student B

How our ancestors used to sleep

An American historian, Roger Ekirch, has done a lot of research (based mainly on literature and diaries) which shows that until the end of the 18th century humans used to sleep in two distinct periods, called 'First sleep' and 'Second sleep'.

First sleep began about two hours after nightfall, and lasted for about four hours. It was followed by a period of between one or two hours when people were awake. During the waking period people were quite active. Most people stayed in bed reading, writing, or praying, etc. but others got up and even used the time to visit neighbours. They then went back to sleep for another four hours.

This research is backed up by an experiment done by a psychiatrist, Thomas Wehr, in the early 1990s, in which a group of people were left in total darkness for 14 hours every day for a month. By the fourth week the people had begun to sleep in a very clear pattern. They slept first for four hours, then woke for one or two hours before falling into a second four-hour sleep, in exactly the same way as people had slept in the 18th century. The research suggests that today's habit of sleeping seven to eight consecutive hours may not be the most natural way to sleep.

a Read the text and answer the questions.

- 1 What did the historian's research show?
- 2 What was the typical sleep routine in those days?
- 3 What did people do during the period between sleeps?
- 4 What was Thomas Wehr's experiment, and what did it show?

b Listen to A tell you about the Sleepy Beauty syndrome.

c Use the questions in a to tell A about how our ancestors used to sleep.

7A ARGUMENT! Student B

Role-play two arguments with a partner.

1. **Argument 1**
Student A: I'm going to the States for my first year of university studying medicine. I've been offered a place at the University of California, Los Angeles. You know the place, it's fantastic. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world.
Student B: I'm going to the States for my first year of university studying medicine. I've been offered a place at the University of California, Los Angeles. You know the place, it's fantastic. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world.
2. **Argument 2**
Student A: I'm going to the States for my first year of university studying medicine. I've been offered a place at the University of California, Los Angeles. You know the place, it's fantastic. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world.
Student B: I'm going to the States for my first year of university studying medicine. I've been offered a place at the University of California, Los Angeles. You know the place, it's fantastic. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world. I'll be able to see some of the best doctors in the world.

used to, be used to, get used to

used to / didn't use to + infinitive

- 1 I **used to sleep** for eight hours every night, but now I only sleep for six. (3 43))
I didn't recognize him. He **didn't use to have** a beard.
- 2 When I lived in France as a child we **used to have** croissants for breakfast. We **would buy** them every morning from the local baker.



- 1 We use *used to* / *didn't use to* + infinitive to talk about past habits or repeated actions or situations / states which have changed.
• *used to* doesn't exist in the present tense. For present habits, use *usually* + the present simple, e.g. *I usually walk to work.* NOT *I use to walk to work.*
- 2 We can also use *would* to refer to repeated actions in the past. However, we don't use *would* for non-action verbs (e.g. *be, have, know, like, etc.*). NOT *I didn't recognize him. He wouldn't have a beard.*

be used to / get used to + gerund

- 1 I'm **not used to sleeping** with a duvet. I've always (3 44)) slept with blankets.
Carlos has lived in London for years. He's **used to driving** on the left.
- 2 A I can't **get used to working** at night. I feel tired all the time.
B Don't worry, you'll soon **get used to it.**

- 1 Use *be used to* + gerund to talk about a new situation which is **now** familiar or less strange.
- 2 Use *get used to* + gerund to talk about a new situation which is **becoming** familiar or less strange.

The difference between *be used to* and *get used to* is exactly the same as the difference between *be* and *get* + adjective.

- a Right (✓) or wrong (✗)? Correct the mistakes in the **highlighted** phrases.

I can't **get used to getting** up so early. ✓

She **isn't used to have** a big dinner in the evening. ✗
isn't used to having

- 1 When we were children **we used to playing** football in the road.
- 2 When we visited our British friends in London we **couldn't get used to drink** tea with breakfast.
- 3 **Have you got used to live** in the country or do you still miss the city?
- 4 I'm really sleepy. **I'm not used to staying** up so late. I'm usually in bed by midnight.
- 5 **There used to be** a cinema in our village, but it closed down three years ago.
- 6 Paul **is used to having** very long hair when he was younger.
- 7 A I don't think I could work at night.
B It's not so bad. **I'm use to it** now.
- 8 **Did you use to wear** a uniform to school?
- 9 It's taking me a long time **to be used to living** on my own.
- 10 When I had exams at university **I used to stay** up all night revising.

- b Complete with *used to*, *be used to*, or *get used to* (positive or negative) and the verb in brackets.

My boyfriend is Spanish, so he **isn't used to driving** on the left. (drive)

- 1 When Nathan started his first job he couldn't _____ at 6 a.m. (get up)
- 2 I didn't recognize you! You _____ long hair, didn't you? (have)
- 3 Isabelle _____ a flat when she was at university, but now she has a house of her own. (rent)
- 4 When we were children we _____ all day playing football in the park. (spend)
- 5 Jasmine has been a nurse all her life, so she _____ nights. (work)
- 6 I've never worn glasses before, but now I'll have to _____ them. (wear)
- 7 Amelia is an only child. She _____ her things. (share)
- 8 Although I've lived in Spain for years, I've never _____ dinner at 9 or 10 o'clock at night. (have)
- 9 I _____ spinach, but now I love it. (like)
- 10 If you want to lose weight, then you'll have to _____ less. (eat)

5 LISTENING & SPEAKING

- a Look at the picture and the headline of the article. Why do you think the man cooks in the middle of the night?
- b (347) Now listen to the first part of a radio programme and check your answers to a. What kind of things does he cook? Why is it a problem?
- c Read the newspaper article about Robert Wood. Can you remember any of the details about him? Try to complete the gaps with a word or words, then listen again to check.
- d You are now going to listen to the second half of the radio programme. Before you listen, work with a partner and discuss if you think the information in sentences 1–10 is **T** (true) or **F** (false).
- 1 A sleepwalker can drive a car while he is asleep.
 - 2 It is easy to know if someone is sleepwalking or not.
 - 3 About 8% of people sleepwalk from time to time.
 - 4 Sleepwalking is most common among young boys.
 - 5 Stress can cause people to sleepwalk.
 - 6 You should never wake up a sleepwalker.
 - 7 Sleepwalkers cannot hurt themselves.
 - 8 People usually sleepwalk for a short time.
 - 9 Sleepwalkers don't usually remember anything afterwards.
 - 10 Sleepwalking is no excuse if you commit a crime.
- e (348) Listen once to check your answers. Then listen again and correct the false statements.
- f Have you ever sleepwalked or do you know anyone who sleepwalks? What do they do when they sleepwalk? Where do they go? Does anyone try to wake them up?

The chef who cooks in the middle of the night



ROBERT WOOD, from Fife in Scotland, often gets up in the middle of the night and goes downstairs to the kitchen. Not surprising, you may think. He's probably hungry and looking for something to eat. But you'd be wrong. Robert starts cooking – and he does this while he is fast asleep.

Mr Wood, who is ¹ _____ years old and a retired ² _____, has been a sleepwalker for more than 40 years.

'The first time it happened I was ³ _____', he said. 'My parents heard me wandering downstairs in the middle of the night. Now I get up ⁴ _____ times a week and these days I usually head for the kitchen, although on other occasions I have also turned on the television very loudly and even filled ⁵ _____ with water.'

His wife Eleanor says that she often wakes up in the night when she hears her husband cooking downstairs. She has seen him laying the table and caught him making ⁶ _____ and spaghetti bolognese and even frying ⁷ _____. The couple say that because of Mr Wood's sleepwalking they only get a few hours' sleep a night and are getting worried that Robert could start a ⁸ _____ without realizing. 'I really am asleep and have no idea I am getting up,' said Mr Wood.

Mrs Wood says that although the food her husband cooks when asleep looks lovely, she has never eaten it. 'Every night, I think "Is Rob going to cook tonight?". The last time he was in the kitchen, he spilt milk all over the place.'

Adapted from The Guardian

6 VOCABULARY & SPEAKING sleep

a Vocabulary race. In pairs, write the correct word from the list in the column on the right.

alarm blankets
 fast asleep duvet fall asleep
 keep you awake insomnia
 nap jet-lagged nightmares
 pillow log oversleep
 set sheets siesta
 sleeping tablets
 sleepy snore yawn

- 1 Most people start feeling around 11.00 at night. sleepy
- 2 They often open their mouth and .
- 3 They go to bed and their (clock).
- 4 They get into bed and put their head on the .
- 5 They cover themselves up with a , or with and .
- 6 Soon they .
- 7 Some people make a loud noise when they breathe. In other words, they .
- 8 During the night some people have bad dreams, called .
- 9 If you don't hear your alarm clock, you might .
- 10 If you drink coffee in the evening, it may .
- 11 Some people can't sleep because they suffer from .
- 12 These people often have to take .
- 13 Some people have a or after lunch.
- 14 A person who sleeps well 'sleeps like a .
- 15 Someone who is tired after flying to another time zone is .
- 16 Someone who is sleeping very deeply is .

b 349)) Listen and check.

c Cover the column of words and test yourself.

d Ask and answer the questions in pairs. A asks the blue questions, and B asks the red questions. Ask for and give as much information as possible.

Do you sometimes have problems getting to sleep? Do you take, or have you ever taken, sleeping pills? Do you have any tips for people who suffer from insomnia?

Do you prefer to sleep with a duvet or with blankets? How many pillows do you have? What temperature do you like the bedroom to be?

Do you find it difficult to sleep when you're travelling, e.g. in buses or planes? Is there any food or drink that keeps you awake, or that stops you from sleeping well?

Do you ever have a nap after lunch or during the day? How long do you sleep for? How do you feel when you wake up?

Do you often have nightmares or recurring dreams? Do you normally remember what your dreams were about? Do you ever try to interpret your dreams?

Have you ever stayed up all night to revise for an exam the next day? How well did you do in the exam?

Are you a light sleeper or do you sleep like a log? How do you usually wake up in the morning?

Do you have a TV or computer in your bedroom? Do you often watch TV before going to sleep? Do you ever fall asleep on the sofa in front of the TV?

Do you snore? Have you ever had to share a room with someone who snores? Was this a problem?

Have you ever fallen asleep at an embarrassing moment, e.g. during a class or in a meeting?

Have you ever overslept and missed something important? What was it?