**Al- Mustaqbal university college**

**English department**

**First stage**

**Select readings. Pre- intermediate**

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Before you read the passage

A. Check your answers of these questions about sleep.

. How many hours a night do you usually sleep?

a. fewer than 6 hours a night

b. between 6 and 8 hours a night

b. more than 8 hours a night

2. How do you feel when you wake up in the morning?

a. great b. okay c. terrible

3. How often do you feel sleepy during the day?

a. often b. sometimes c. almost never

B. Pair work. Compare answers. Do you have the same sleep habits?

A: I usually sleep fewer than 6 hours a night.

B: I Me too.

Really? I usually sleep more than 8 hours.

C. What do you think? Read these statements and guess True or

False. Check your guesses then read pages3 -4 and check

your answers.

| . Scientists don't know why we need to sleep.

2. It's possible to stay awake for one week.

3. It's unhealthy to go without sleep.

D. Group work. Compare your answers with your classmates.

Are you getting enough sleep?

What happens if you don't get enough sleep? Randy Gardner, a high school student in the United States, wanted to find out. He designed an experiment on the effects of sleeplessness for a school science project. With doctors watching him carefully, Gardner stayed awake for 264 hours and 12 minutes. That's eleven days and nights without sleep!

What effect did sleeplessness have on Gardner? After 24 hours without sleep, Gardner started having trouble reading and watching television. The words and pictures were too blurry. By the third day, he was having trouble doing things with his hands. By the fourth day, Gardner was hallucinating. For example, when he saw a street sign, he thought it was a person. He also imagined he was a famous football player. Over the next few days, Gardner's speech became so slurred that people couldn't understand him. He also had trouble remembering things. By the eleventh day, Gardner couldn't pass counting test. In the middle of the test he simply stopped counting. He couldn't remember what he was doing.

When Gardner finally went to bed, he slept for 14 hours and 45minutes. The second night he slept for twelve hours, the third night he slept for ten and one-half hours, and by the fourth night, he had returned to his normal sleep schedule.

Even though Gardner recovered quickly, scientists believe that going without sleep can be dangerous. They say that people should not repeat Randy's experiment. Tests on white rats have shown how serious sleeplessness can be. After a few weeks without sleep, the rats started losing their fur. And even though the rats ate more food than usual, they lost weight. Eventually the rats died.

During your lifetime, you will probably spend 25 years or more sleeping. But why? What is the purpose of sleep? Surprisingly, 30 scientists don't know for sure. Some scientists think we sleep in order to replenish brain cells. Other scientists think that sleep helps the body to grow and to relieve stress. Whatever the reason, we know that it is important to get enough sleep.

**Vocabularies and meaning**

**Experiment**: a scientific test

**effects of sleeplessness**: things that happen when you don't get enough sleep

**blurry:** difficult to see

**imagined**: thought

**speech**: way of talking

**a counting test:** saying numbers in order: 1,2,3,4, etc.

**recovered:** returned to normal

**fur:** hair on an animal's body

**eventually:** after some time

**for sure:** definitely

**replenish**: refill; renew

**relieve stress:** to remove or get rid of negative feelings

Exercise A/ **True or False? Read the statements and check true or false.**

1. Randy Gardner studied the effects of sleeping too much. True
2. During the experiment, Gardner slept for several hours every night. False
3. During the experiment, Gardner had trouble speaking clearly. True
4. It took two weeks for Gardner to recover from the experiment. False
5. Going without sleep is not dangerous for white rats. false
6. Scientists are not sure why we need to sleep. True
7. In the first paragraph, the words "find out" mean learn or discover. True
8. In the second paragraph the word "slurred" means easy to understand False

**B. Consider the issues. Work with a partner to answer the questions below**

1. What are the effects of sleeplessness? List three more ideas from the reading passage.

* You might have trouble seeing clearly.
* you might …
* You might…
* You could….

2. Pair in work. Think of three more possible effects of sleeplessness.

Example:

A: You might have trouble driving a car.

B: That's right. And you could have trouble . . .

You could…..

You might…

You might …

**Using context clues**

You don't need to understand the exact meaning of every new word. Instead, you can guess the general meaning of new words by looking at the context - the words before and after the new word, and in the sentences before and after the new word.

Example: Gardner **stayed awake** for 264 hours. That's eleven days and nights without sleep.

If you don't know the words "stayed awake," you can guess the meaning from the context clue "without sleep."

1. Underline the context clues that help you guess the meaning of the **boldfaced** words.

Example: how did sleeplessness **affect** Gardner? After 24 hours without sleep, he had trouble reading.

1. After 24 hours without sleep, Gardner had trouble reading and watching television. The words and pictures were too **blurry.**

2. By the fourth day, Gardner was **hallucinating**. For example, when he saw a street sign, he thought it was a person.

3. Over the next few days, Gardner's speech became so **slurred** that people couldn't understand him.

B. Use context clues to guess the general meaning of **the boldfaced** words. Circle your answer.

l. The price of clothing was so **reasonable** that we bought a lot of things. (cheap/ expensive)

2. I felt so **at ease** on the airplane that I was able to go to sleep. (comfortable / uncomfortable)

3. The test was so **tough** that no one passed it. (easy / difficult)

4. We went to a **trattoria** after work. I ordered pasta, and he had a salad. (a place to work / a place to eat)

5. You will need a very sharp knife to **slice** those potatoes. (cut / wash)

**Learning words in context**

It's a good idea to learn a new word together with the words around it (the context). Below are some examples of the words that we often use with sleep.

go to sleep go without sleep

get enough sleep get a good night's sleep

spend hours sleeping sleep schedule

A. Complete each question with a word from the box below {More than one answer may be possible.)

enough, without, schedule, spend, to

1. What time do you usually go……… sleep?
2. What time did you go…… …sleep last night?
3. Did, you get ………sleep last night?
4. How long can you go……..sleep?
5. Do you usually get ……sleep on weeknights?
6. Did you ………more than 50 hours sleeping last week?
7. Do you have a regular or irregular sleep……..?
8. Do you have the same sleep……. every day?

**Grammar focus**

**Understanding the present perfect and simple Past**

At the beginning of a conversation, we often use the present perfect +**ever** to ask a general question about someone's past experiences.

**Ever** means "at any time before now."

**Examples**: have you **ever** slept until noon?

Have you **ever** gone to sleep in class?

**Example:**

A: Have you ever gone for 24 hours without sleep?

B: Yes, a few times.

A: How did you feel?

B: Terrible.

Q/Complete each pair of questions with a word in parentheses Then ask a partner the questions.

1. (sleep/ slept/ sleeping)

a. Have you ever…….. for more than 12 hours?

b. Why did you……. for so long?

2. (Have / Did / Has)

a………..you ever slept for fewer than 6 hours?

b..............you feel bad the next day?

3. (gone / go / going)

a. Have you ever………… without sleep for more than 24 hours?

b. Why did you………. without sleep?

4. (spend / spent / spending)

a. Have you ever……… 12 hours sleeping?

b. Why did you………. so much time sleeping?