



IS SLEEP IMPORTANT?

Watch the [video](#) “What If You Stopped Sleeping” by Science Insider.

1 WARM UP: QUIZ

Task 1: Answer the following sleep trivia questions.

1. What is the recommended amount of sleep for adults per night?
 - a. 4-6 hours
 - b. 7-9 hours
 - c. 10-12 hours
2. Which of the following can negatively impact the quality of sleep?
 - a. Exercise
 - b. Caffeine
 - c. Consistent sleep schedule
3. Which of the following can create a healthy sleep environment?
 - a. Bright lights in the bedroom
 - b. Loud music playing
 - c. Cool and dark room
4. What is a common recommendation to improve sleep hygiene?
 - a. Taking long naps during the day
 - b. Using electronic devices before bedtime
 - c. Establishing a bedtime routine
5. What is the term for a sleep disorder related to difficulty falling or staying asleep?
 - a. Sleep apnoea
 - b. Insomnia
 - c. Narcolepsy

Task 2: Discuss the following lead-in questions as a class.

1. How many hours of sleep do you usually get each night?
2. Describe your nighttime routine.
3. Do you use your phone before bed? How can using it impact sleep quality?
4. How could you improve your sleep hygiene?
5. How do you feel when you don't get enough sleep?

2 SLEEP: VOCABULARY

Task 1: Match the words from the box to the images.

Eye mask

Yawn

Snore

Nap

Nightmare

Earplugs

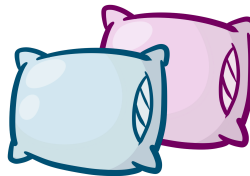
Alarm clock

Pillow

Mattress



1. _____ 2. _____ 3. _____



4. _____ 5. _____ 6. _____



7. _____ 8. _____ 9. _____

Task 2: Discuss the following as a class.

- Do you use an eye mask or earplugs to help you sleep? Why or why not?
- When do you yawn?
- Do you or someone you know snore? How do you feel about it?
- Do you ever take naps during the day? How long is your ideal nap?
- Do you use an alarm clock or your phone to wake up?
- What type of pillows or mattresses do you use?

3 VIDEO: VOCABULARY

Task 1: Match the words from the box to their synonyms.

Sleep deprivation Hallucinations Irritability Hit the hay Vivid dreams

1. _____: illusions, delusions, visions, mirages.
2. _____: grouchiness, moodiness, short temper, crankiness, frustration.
3. _____: lifelike dreams, intense dreams, clear dreams, realistic dreams.
4. _____: go to bed, go to sleep.
5. _____: lack of sleep, sleeplessness, insomnia, restlessness.

Task 2: Match the words from the box to their definitions.

Foggy Microsleeps Grip on reality Torture Fatigue

- a. _____: very short periods of sleep that last only a few seconds.
- b. _____: being unclear in thought due to confusion or tiredness.
- c. _____: severe physical or mental suffering.
- d. _____: extreme tiredness, often from physical or mental strain.
- e. _____: the ability to perceive and understand the world accurately.

Task 3: Write example sentences related to sleep using the words from tasks 1 and 2.

Take a few minutes to prepare, then share your sentences with the class.



4 VIDEO: COMPREHENSION

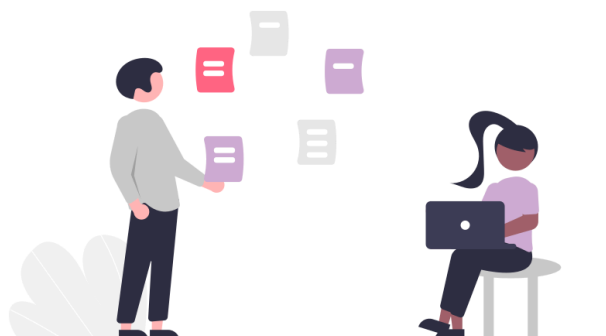
Task 1: Watch the [video](#), then choose the correct answer to the questions.

1. What happens to your ability to regulate emotions after 72 hours without sleep?
 - a. Improves.
 - b. Stays the same.
 - c. Declines.

2. What is the term for tiny periods of sleep, lasting around 30 seconds, that occur during extreme sleep deprivation?
 - a. Catnaps.
 - b. Microsleeps.
 - c. Nanodreams.

3. What is the potential consequence of regularly experiencing sleep deprivation?
 - a. Enhanced memory.
 - b. Weight loss.
 - c. Long-term effects like headaches and high blood pressure.

4. What phenomenon is mentioned as a shared hallucination in historical sleep studies?
 - a. Hat phenomenon.
 - b. Glasses phenomenon.
 - c. Shoe phenomenon.



5. What is the UN's stance on extreme sleep-deprivation studies?
 - a. Encouraged.
 - b. Prohibited.
 - c. Limited.

6. What is the potential consequence of experiencing microsleeps while doing an activity like driving?
 - a. Enhanced focus.
 - b. Increased safety.
 - c. Danger and potential accidents.

7. What symptoms might you experience after 18 hours without sleep?
 - a. Increased alertness.
 - b. Feeling drunk.
 - c. Enhanced coordination..

8. What could be a potential consequence of 96 hours or more of sleep deprivation?
 - a. Improved cognitive function.
 - b. Organ failure.
 - c. Weight loss.



5 SLEEP: DISCUSSION QUESTIONS

Task: Discuss the video and topic using the following questions.

This is your chance to practise speaking, so say as much as you can, and have fun!

1. From the video, what is the hat phenomenon?
2. Why do you think the United Nations considers sleep deprivation a form of torture?
3. What does it mean to “feel foggy”? Have you ever felt like this?
4. Why are you more likely to get sick if you are experiencing sleep deprivation?
5. What are the potential dangers of experiencing microsleeps?
6. What are hallucinations? Why could they be considered dangerous?
7. In the past, how was sleep deprivation used at witch trials?
8. Have you ever experienced sleep deprivation? How did you feel?
9. How does the quality of your sleep impact your daily mood and productivity?
10. What lifestyle factors can lead to sleep deprivation?
11. How can things such as work and bringing up a family lead to sleep deprivation?
12. What steps can people take in their lives to avoid sleep deprivation?
13. In what ways has your sleep pattern changed over the years, and how do you adapt to those changes?
14. What role does technology play in either enhancing or disrupting a sleep routine?
15. Do you drink caffeine in the morning to help you wake up? Do you consume caffeine in the evening or at night?
16. What impact do vivid dreams or nightmares have on your overall sleep experience and waking life?
17. Have you noticed a connection between your diet and the quality of your sleep?
18. How has your understanding of the importance of sleep evolved, and what steps have you taken to prioritise it in your life?

6 SLEEP: DEBATE

Study the statements, then decide if you agree or disagree with them, explaining why. Use the language in the table at the bottom of the page to help structure your answer.



John

Napping regularly during the day negatively impacts nighttime sleep quality.



Oli

Social media platforms contribute to the rise of 'bedtime procrastination,' impacting the quantity and quality of sleep.



Beth

Influencers advocating for extreme work hours contribute to a culture that neglects the crucial role of sufficient sleep in productivity and mental health.



Amy

Energy drink companies purposely downplay the health risks linked to high caffeine consumption, such as sleep disturbances and insomnia.

Express an opinion It seems to me that... I feel that... I'm absolutely convinced that... In my opinion,... I believe / suppose / feel (that)...	Express disagreement I don't agree with you about... I can't accept your view that... I have a different opinion... I'm not sure if... I'm not convinced that...
Express pro's and con's There are two sides to this point... On the one hand...,on the other hand... An argument for / against is... Some people think that...,others say that... The advantages / disadvantages are...	Summarise So, in conclusion... To summarise.. Overall, it is clear that... As a result.. The bottom line is...

7 SLEEP: IDIOMS

Task 1: Choose the correct definition (a-c) for each idiom.

1. Morning person:
 - a. Someone who is grumpy and irritable in the morning.
 - b. A person who is most alert and energetic during the morning.
 - c. An individual who dislikes mornings and prefers to sleep in.

2. Night owl.
 - a. A bird species known for being active during the day.
 - b. Someone who is most active and alert during the night.
 - c. A person who avoids staying up late and prefers to sleep early.

3. Sleep like a baby.
 - a. To sleep peacefully and without interruption.
 - b. To have a restless and uncomfortable sleep.
 - c. To sleep for an unusually long duration.

4. A light sleeper.
 - a. Someone who sleeps a lot and is difficult to wake up.
 - b. A person who wakes up easily and is sensitive to noise or disturbances.
 - c. An individual who prefers to sleep with minimal lighting.

5. Not sleep a wink.
 - a. To sleep deeply and soundly throughout the night.
 - b. To stay awake all night without any sleep.
 - c. To have a short nap without entering deep sleep.

Task 2: Practice using the idioms by answering the questions correctly.

1. Are you a night owl or a morning person? How does your preference for staying up late or waking up early impact your daily life and activities?
2. Describe the morning routine of a typical morning person, and the nighttime routine of a typical night owl.
3. How do you feel after a night when you sleep like a baby?
4. What strategies can a light sleeper use to get a good night's sleep, especially in situations where noise or disruptions are common?
5. Can you recall a specific time when you didn't sleep a wink? What were the circumstances, and how did it affect your mood and productivity the next day?

8 HYPOTHETICALLY SPEAKING...

Let's finish the lesson with a fun speaking game! Read each question, decide what you would do, and then provide a detailed explanation, weighing the pros and cons.

1. Would you rather sleep with a spider in your bed or with a snake?

2. Would you rather sleep for 2 hours every day or for 22 hours every day?

3. Would you rather have to go to an hour-long yoga class before work every morning for the rest of your life, or have a 2-minute cold shower every morning for the rest of your life?

4. Would you rather have a quiet, relaxed 90-minute commute to work or a 30-minute commute that is super busy and you never get a seat?

5. Would you rather fall asleep instantly every night but wake up every two hours, or take an hour to fall asleep but stay asleep until morning?



HOMework

1 THE IMPORTANCE OF SLEEP

Task 1: Read the article that explores the importance of sleep.

Sleep is essential for our overall well-being and plays a crucial role in maintaining good health. It is not merely a time of rest; rather, it is a fundamental process that allows our bodies and minds to recharge and rejuvenate. Getting an adequate amount of sleep is vital for various aspects of our daily functioning.

First and foremost, sleep is closely linked to cognitive function. When we sleep, our brains consolidate memories and process information, contributing to better learning and problem-solving skills. Lack of sleep can impair concentration, decision-making, and overall cognitive performance. In addition, sufficient sleep is crucial for emotional well-being. It helps regulate mood and stress levels, promoting a more positive and balanced mental state.

On a physical level, sleep is a time for the body to repair and recover. During the sleep cycle, tissues and muscles are repaired, and the immune system is strengthened, contributing to overall health and resilience. Adequate sleep also plays a role in maintaining a healthy weight, as it helps regulate hormones that control appetite and metabolism.

In today's fast-paced world, where the demands of work and daily life can be overwhelming, it's important to prioritise sleep. Creating a consistent sleep routine and ensuring that we get the recommended amount of sleep each night can have a profound impact on our ability to function optimally, both mentally and physically. In essence, sleep is a cornerstone of a healthy lifestyle, and recognizing its importance is a key step toward achieving overall well-being.

Task 2: Write detailed answers to the following questions.

1. Describe the link between sleep and cognitive function.
2. What is cognitive performance, and how does sleep impact it?
3. What is the link between sleep and the body repairing and recovering?
4. Do you believe sleep is especially important in today's fast-paced world?
5. Write a summary of everything you learned from the lesson. (200 words)

