**Chapter One "Are You Getting Enough Sleep?" (P.3)**

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 Dr. William C. Dement from **Stanford university** and two friends 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 a 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 45 minutes. 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 few weeks without sleep, the rats started losing fur. And even though the rats ate more food than usual, they lost weight. Eventually, the rats died.

Has anyone stayed awake longer than Randy Gardner? Yes! According to **The Guinness Book of the World Records**, Maureen Weston from the United Kingdom holds the record for staying awake the longest. She went 449 hours without sleep in 1977. That’s 18 days and 17 hours!

During your lifetime, you will likely spend 25 years or more sleeping. But why? What is the purpose of sleep? Surprisingly, scientists don’t know for sure. Scientists used to think we “turned our brains off” when we went to sleep. Sleep researchers now know, however, that our brains are very active when we sleep. Some scientists think we sleep in order to replenish brain cells. Other scientists think that sleep helps the body to grow and relieve stress. Whatever the reason, we know that it is important to get enough sleep.

**After You Read**

Understanding the Text

1. **Comprehension: Scanning for Details**

Read each statement below and check (**√**) True or False.

1. Randy Gardner was a university student when he did his experiment.
2. During the experiment, Gardner slept for several hours every night.
3. During the experiment, Gardner had trouble speaking clearly.
4. It took two weeks for Gardner to recover from the experiment.
5. Going without sleep is not dangerous for white rats.
6. Maureen Weston stayed awake a little over seven and one-half days longer than Gardner.
7. The author does not tell us how Gardner stayed awake for eleven days.
8. According to this article, scientists are not sure why we need to sleep.

**B. Vocabulary**

Underline these words in the reading passage on pages 3-4. Then match each word with its definition to the right.

1. \_\_\_\_\_blurry a. seeing things that aren’t really there.
2. \_\_\_\_\_eventually b. not sounding clear
3. \_\_\_\_\_experiment c. test done to prove something
4. \_\_\_\_\_hallucinating d. talking
5. \_\_\_\_\_ slurred e. not looking clear
6. \_\_\_\_\_speech f. after a long time

**Building Vocabulary**

**Using Collocations**

A collocation is a set – or chunk – of two or more words that are often used together. For example, it’s natural for native speakers to say sleep schedule, but not sleep timetable or sleep program. Remembering collocations as chunks of words (sleep+ schedule) makes it easy for you to recall and use them correctly.

We form collocations by combining different parts of speech. Below are some examples of collocations that include sleep:

|  |  |  |
| --- | --- | --- |
| Expressions  | Verb + Adverb | Noun + Noun  |
| go without sleepget enough sleep go/get to sleepfall asleep  | sleep soundlysleep well | sleep schedule |

1. Use words in the box below to form collocations and complete the sentences.

|  |
| --- |
|  Enough fall schedule soundly to without |

1. What time do you usually go \_\_\_\_\_\_\_\_\_\_\_\_ sleep?
2. What time did you go \_\_\_\_\_\_\_\_\_\_\_\_\_\_sleep last night?
3. How long does it take you to \_\_\_\_\_\_\_\_\_\_\_\_ asleep?
4. How long can you go \_\_\_\_\_\_\_\_\_\_\_sleep?
5. Do you usually get \_\_\_\_\_\_\_\_\_\_\_ sleep on weeknights?
6. Do you sleep \_\_\_\_\_\_\_\_\_\_\_\_\_every night?
7. Do you have a regular or irregular sleep\_\_\_\_\_\_\_\_\_\_\_\_?
8. Do you have the same sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_every day?
9. **Apply the Reading Skills**

Follow these instructions to preview the reading below.

1. Look only at the title of the reading. What do you think the topic of the reading might be? List one more possibility.
* Sleep problems around the world
* Why people don’t sleep
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. Look quickly over the reading. What names of people and places do you see? List two more.
* Adults Hong Kongers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Portuguese Koreans \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. What words are repeated several times (key words)? List two more.
* World \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. What do you think the topic of the reading is now? Complete the sentence.

I think this reading is probably about

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What would you like to learn about this topic? Write two questions.

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| **Sleepless around the world** According to a survey conducted by ACNielsen, 37% of adults around the world don’t get to bed until after midnight. The biggest night-owls in the world are the Portuguese, with 75% not getting to bed untilafter midnight. The second ranked night-owls are the Taiwanese, with 69% going tobed after midnight. Following closely behind are the Koreans (68%) and Hong Kongers (66%). Of the top ten night-owl places in the world,seven are in Asia. The other three are European countries known for late nights and mid-day siestas.  | Top 10 Night-owl places in the world  |
| Location | SleepBetween12-1 a.m. | Sleep After1 a.m. | Total aftermidnight |
| 1. Portugal | 47% | 28% | 75% |
| 2.Taiwan | 34% | 35% | 69% |
| 3.Korea | 43% | 25% | 68% |
| 4.Hong Kong | 35% | 31% | 66% |
| 5.Spain | 45% | 20% | 65% |
| 6.Japan | 34% | 26% | 60% |
| 7.Singapore | 27% | 27% | 54% |
| 8.Malaysia  | 40% | 14% | 54% |
| 9.Thailand | 24% | 19% | 43% |
| 10.Italy | 29% | 10% | 39% |