1. Running dictation

**Competitive sleeping**
Spain’s first National Siesta Championship was held in Madrid in October 2010. Competitors in the contest tried to sleep for 20 minutes on sofas in a busy shopping centre.

Judges monitored the participants’ pulses to check that they were asleep. The judges then gave points to the sleepers for falling asleep quickly, for the volume of their snores, for the most original sleeping position and for being well dressed.

Pedro Soria Lopez from Ecuador slept for 15 minutes and won the first prize of 1000 euros.

2. Quiz

**Sleep quiz.**
1. Do you sleep with the window open? Yes / no / sometimes
2. How many hours do you sleep each night? Less than 8/ more than 8/ it depends
3. Do you sleep on public transport? Never / sometimes / it depends
4. Do you go to bed at the same time every day? Yes / no
5. Do you snore? Yes / no / I don’t know
6. Do you use an alarm clock to wake up? Yes / no / sometimes
7. When do you feel tired? Morning / afternoon / evening / never / always
8. Do you have a nap in the afternoon? Yes / no / sometimes
9. Do you remember your dreams? Sometimes /never / always
10. Who gets up first in your home?
11. Do you use earplugs to sleep in noisy places? Yes / no / sometimes
12. Do you suffer from insomnia? Yes / no / sometimes

**Compare your answers with your partner’s. Are they similar or different?**
3. Information gap

STUDENT A

Part 1: Student B has the information you need to complete the text. Prepare questions to find out the missing information.

How many hours do you need?

It’s official. 1) ___________ need more sleep than their parents. According to the American organisation, the National Sleep Foundation, people aged between 10 and 17 need to sleep between 8.5 and 9.25 hours each night. But teenagers often feel tired at 2) ___________ because they go to bed too late or because they have to get up early in the morning. Some people say 3)____________________________ for teens.

We need less sleep as we get older. Adults need between 7 and 9 hours a night. Insomnia can sometimes be a problem for this age group. Experts say that you shouldn’t drink tea or coffee in the evenings and that you should go to bed at the same time every night, even at the weekend, if you have problems going to sleep or staying asleep.

Write your questions:

1) Who……………………………………………………………………………? 

2) Where…………………………………………………………………………? 

3) What ……………………………………………………………………………? 

Part 2: Read the text again and answer the questions together:

A) What sleep problems are associated with each age group?
B) What advice is offered for these problems?
C) Do you agree with this advice?
3. Information gap

STUDENT B

Part 1: Student A has the information you need to complete the text. Prepare questions to find out the missing information.

How many hours do you need?

It’s official. Teens need more sleep than their parents. According to the American organisation, the National Sleep Foundation, people aged between 10 and 17 need to sleep between 8.5 and 9.25 hours each night. But teenagers often feel tired at school because they go to bed too late or because they have to get up early in the morning. Some people say that maybe school should start later for teenagers.

We need less 4) __________ as we get older. Adults need between 7 and 9 hours a night. 5) __________ can sometimes be a problem for this age group. Experts say that you shouldn’t drink 6) __________ in the evenings and that you should go to bed at the same time every night, even at the weekend, if you have problems going to sleep or staying asleep.

Write your questions:

4) What……………………………………………………………………………?

5) What……………………………………………………………………………?

6) What……………………………………………………………………………?

Part 2: Read the text again and answer the questions together:

A) What sleep problems are associated with each age group?
B) What advice is offered for these problems?
C) Do you agree with this advice?
4. Debate: School should start later for teenagers

Prepare what you want to say with your group. Now talk to a different group. Here is some useful language:

*I think…*

*Yes, but….*

*Ok, but…..*

*Why do you think that?*

*Really?*

*No way!*

*I totally disagree with you.*

*That's right!*

*I completely agree with you.*

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<thead>
<tr>
<th>Group A: Agree</th>
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<tbody>
<tr>
<td>We agree because:</td>
</tr>
<tr>
<td>1 Young people are tired at school.</td>
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<tr>
<td>2 ………………………………………………………………….</td>
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<td>3 ………………………………………………………………….</td>
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<table>
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<tr>
<th>Group B: Disagree</th>
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<tbody>
<tr>
<td>We disagree because:</td>
</tr>
<tr>
<td>1 Teenagers should go to bed earlier.</td>
</tr>
<tr>
<td>2 ………………………………………………………………….</td>
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<td>3 ………………………………………………………………….</td>
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