

WARM-UP

1. Choose the word you think completes the idiom:

- a) When was the last time you slept like a *log/block*?
- b) Do you tend to sleep *soundly/clearly* or do you rather wake up a lot at night?
- c) Do you ever crash *in/out* on the sofa? Why?
- d) Do you know anyone who is a *soft/light* sleeper and I wakes up at the slightest sound?
- e) What types of music or films *send/bring* you to sleep?
- f) Do you think taking a short *nap/cap* can make you more productive?



2. Now, answer the questions in pairs.

GRAMMAR

3. Study the sentences below and match them.

- | | | |
|--|------------------|-------------------------------|
| <i>I used to sleep a lot at the weekends.</i> | ————— | It's not a problem for me. |
| <i>I am used to getting up early.</i> | ————— | I'm trying to do that. |
| <i>I'm getting used to going to bed early.</i> | ————— | I was doing it few years ago. |

4. Complete the sentences to the situations given below.

You can't sleep as you have a baby.

I didn't use to _____

I used to _____

I'm getting used to _____

You've won a lot of money in a lottery.

I didn't use to _____

I used to _____

I'm getting used to _____

Brain maintenance

by Arianna Huffington

5. Complete the sentences with the correct form of *use to/be used to/get used to* and the correct form of the verb in brackets.

- I **am used to sleeping** 7 hours every day. I really like it. (sleep)
- I had to **get used to waking up** early because of my work. I hated it at the beginning. (wake up)
- I **am getting used to jogging** every morning before breakfast. It's really hard, but I'm trying. (jog)
- I **used to have** nightmares when I was a child. (have)

6. In pairs, discuss which sentences in ex. 5 are true for you.

VIDEO & DISCUSSION

6. Watch the video and answer the questions:

a) What are we addicted to in our lives?

We are addicted to living permanently attached to our devices and often addicted to stress and burnout.

b) How many hours should we sleep to feel better according to the speaker?

I went from four to five hours sleep to seven to eight hours sleep. And that transformed my life truly.

c) How can be sleep beneficial for us according to the speaker?

(...) sleep is really a miracle drug, it improves our health and strengthens our immune system, improves our mental clarity and makes us more joyful in our daily lives.

d) What can we do to have a better sleep? List the ideas from the video.

- adding 30 minutes to how much sleep we are getting

- meditation

- having a hot bath or shower to kind of wash the day away

- making sure that our bedroom is a device free zone

- reading real books in bed

7. Discuss these questions:

- How many hours are you used to sleeping? Would you like to sleep more?
- Could you get used to leaving electronic devices like your mobile phone outside the bedroom?

Brain maintenance **by Arianna Huffington**

- Have you ever tried meditation? Do you think it can make you feel better?
- Why nowadays do so many people brag about how little sleep they get?
- Are there more and more people who suffer from insomnia because of stress at work?