

Unit 8

Getting Enough Sleep? Dream on

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Objective

- ② To know the concept of sleep debt
- ② To realize the consequences of sleep deprivation
- ② To know how to work off sleep debt
- ② Reading skill—choosing reading speed



Preview Questions

- ① How long do you usually sleep every night?
- ② How do you wake up every morning, by alarm clock or by biological clock?
- ③ How do you feel during the day time?
- ④ How do you work off the sleepiness?



Key Words

1. consequence: result
2. be prone to: be likely to suffer
3. tap: press
4. perspective: view
5. synchronize: cause to occur at the same time
6. sufficiently: adequately
7. apathetic: indifferent
8. mortality: death rate
9. impaired: weakened
10. optimally: best possibly
11. aptly: rightly

Structure Analysis

Division	Paragraph	Main Idea
Part I	P1-P8	To introduce the topic of sleep debt
Part II	P9-P12	Sleep debt and the mortgaged mind
Part III	P13-P16	Wide awake but not rested
Part IV	P17-P21	Sleep and well-being
Part V	P22-P28	Toward a sleep-smart lifestyle



Comprehension Questions

Qs based on Part I

- ① *What kind of mistakes do sleep-deprived people make?*
- ② *How did the volunteer perform his task during the experiment?*



Qs based on Part II

- ① *What is the average amount of sleep that most people need?*
- ② *Why do we coin the term sleep debt rather than lack of sleep or sleep shortage?*
- ③ *What is the result of sleep debt?*



Qs based on Part III

- ① *Why do people wake up before the alarm clock goes off?*
- ② *What's wrong with the clock-dependent alerting?*
- ③ *What does Cathy's case show?*



Qs based on Part IV

- ① *What happens to sleep debt in the long term?*
- ② *Why do people sleeping more than 10 hours tend to have shorter lives?*



Qs based on Part V

- ① *What did the researchers do to their subjects for the study?*
- ② *What was the result of the study?*
- ③ *How could people adopt a sleep-smart lifestyle?*



Topic for Discussion

- ① **How does the sleep debt affect our life?**
- ② **Is it possible to change our life style? How?**
- ③ **What can we do to solve the contradiction of having too much to do and leaving too little time to sleep?**

Thanks a bunch!

