

EPISODE 98
LEVEL B2

READING COMPREHENSION



SLEEPING



Sleep position gives personality clue...

You may already know if you function better in the morning or evening, but do you know what your sleep position can reveal?

There are six common sleeping positions and each one I linked to a particular personality type. This is the first time we have been able to see what our subconscious **posture** (=the way in which someone usually holds their shoulders, neck, and back, or a particular position in which someone stands, sits) says about us. What's interesting is that the profile behind the posture is often very different from what we would expect. There are the following positions:

1. **STARFISH**: lying on your back with both arms up around the pillow. These sleeper make good friends because they are always ready to listen to others, and offer help when needed. They generally don't like being in the **limelight** (= centre) of attention.
2. **LOG**: lying on your side with both arms down by your side. These sleepers are easy-going, social people who like being part of the **in-crowd** (= a group of people). They are trusting of strangers, in fact sometimes too trusting, to the point of being **gullible** (= naïve).
3. **FREEFALLER**: lying on your front with your hands around the pillow, and your head turned to the side. Often **gregarious** (= sociable) people who love to socialize, but can be **nervy** (= worried) and become tense easily. They can also be thin-skinned underneath and don't like criticism.
4. **FOETUS**: those who curl up in the **foetus** (=a young human being or animal before birth, after the organs have started to develop) position are described as tough on the outside but sensitive at heart. They may be shy when they first meet somebody, but soon relax.
5. **SOLDIER**: lying on your back with both arms **pinned** (=to force someone or something to stay in a particular place by putting weight on them) to your sides. People who sleep in this position are generally quiet and they don't like the fuss, but set themselves and others high standards.

6. YEARNER: people who sleep on their side with both arms out in front are said to have an open nature, but can be **suspicious** (= making you feel that something illegal is happening or that something is wrong) , cynical and not believe anything they hear. They are slow to make up their minds, but once they have taken a decision, they are unlikely ever to change it.

More contexts for the new words:

- There are any number of miracle cures on the market for people **gullible** enough to buy them.
- He moves into the same **posture** for the cameras.
- There's a **suspicious**- looking van parked at the end of the road.



EXERCISE 1

Find the word in the text which means:

1. physical position
2. a small group of people seen by others
3. ready to believe in anything
4. someone who likes being with other people
5. too sensitive
6. anxious or excited behavior often about unimportant things



ENGLISH IN USE



EXERCISE 2

Scientists are learning more and more about sleeping and waking states. Did you know that daydreaming can help you to solve complex tasks? This is because it activates the part of the brain associated with tackling difficult problems. Also taking a nap in the middle of the day refreshes your brain. It's like clearing your e-mail inbox so that there is room for new information. Interestingly, staying up all night increases the ability to hold new facts by 40%. Some people seem to need much sleep more than others.

Remember that in English after certain verbs you have to use certain verb patterns: infinitive, gerund or bare infinitive forms:

VERB + INFINITIVE	VERB + GERUND	VERB + INF without TO
<p>ADJ + INFINITIVE</p> <p>WOULD like /prefer + INFINITIVE</p> <p>teach, learn allow decide hope promise afford offer expect refuse manage forbid</p>	<p>Br Eng: VERBS OF PREFERENCE + GERUND: enjoy, like, love, hate</p> <p>enjoy avoid can't stand look forward to admit consider keep (don't) mind</p> <p>PREPOSITION + GERUND</p>	<p>let make help</p>

1. I'm looking forward to (see) you.
2. He dreads (have) to retire.
3. I arranged (meet) them here.
4. He urged us (work) faster.
5. I wish (see) the manager.
6. It's no use (wait).
7. He warned her (not touch) the wire.
8. Don't forget (lock) the door before (go) to bed.
9. My mother told me (not speak) to anyone about it.

10. I can't understand her (behave). He tried (explain) but she refused (listen).
11. At dinner she annoyed me by (smoke) between the courses.
12. You are expected (know) the safety regulations of the college.
13. He decided (disguise) himself by (dress) as a woman.
14. I am prepared (wait) here all night if necessary.

IDIOM CLOSE-UP



TIME AFTER TIME = again and again

SLEEP LIKE A LOG = sleep very well without hearing any noises

PHRASAL VERBS CLOSE-UP



MUCK ABOUT = to waste time doing silly things

WHILE AWAY = to spend time in a relaxed way



EXERCISE 3

Fill in the gaps with idioms or phrasal verbs:

1. Sometimes they go away for the weekend andat their aunt's house in the countryside.
2. I always Luckily, I can't hear any snoring of my roommate.
3. They spend a lot of time together and love their days off going round the shops.
4. I've told you not to take a nap during the day. Later, you wake up at nights.



The Best: Back position

“Good for: Preventing neck and back pain, reducing acid reflux, minimizing wrinkles, maintaining **perky** breasts.

Bad for: Snoring

The scoop: Sleeping on your back makes it easy for your head, neck, and **spine** to maintain a neutral position. You're not forcing any extra curves into your back, says Steven Diamant, a chiropractor in New York City. It's also ideal for fighting acid reflux, says Eric Olson, M.D., co-director of the Mayo Clinic Center for Sleep Medicine in Rochester, Minnesota: "If the head is elevated, your stomach will be below your **esophagus** so acid or food can't come back up."

Back-sleeping also helps prevent wrinkles, because nothing is pushing against your face, notes Dee Anna Glaser, M.D., a professor of dermatology at Saint Louis University. And the weight of your breasts is fully supported, reducing **sagginess**.

Consider this: "Snoring is usually most frequent and severe when sleeping on the back," Olson says.

Perfect pillow: One puffy one. The goal is to keep your head and neck supported without **propping** your head up too much."

GLOSSARY

Perky = happy and full of energy

Spine = the line of bones down the centre of the back that provides support for the body and protects the spinal cord

Esophagus = the tube in the body that takes food from the mouth to the stomach

Sagginess = the state of dropping down

Propping = supporting something

KEY TO EXERCISES

Ex.1

1. posture
2. the in-crowd
3. gullible
4. gregarious
5. thin-skinned

6. a fuss

Ex.2

1. I'm looking forward to seeing you.
2. He dreads having to retire.
3. I arranged to meet them here.
4. He urged us to work faster.
5. I wish to see the manager.
6. It's no use waiting.
7. He warned her not to touch the wire.
8. Don't forget to lock the door before going to bed.
9. My mother told me not to speak to anyone about it.
10. I can't understand her behaving. He tried to explain but she refused to listen.
11. At dinner she annoyed me by smoking between the courses.
12. You are expected to know the safety regulations of the college.
13. He decided to disguise himself by dressing) as a woman.
14. I am prepared to wait here all night if necessary.

Ex.3

1. Sometimes they go away for the weekend andmuck about.....at their aunt's house in the countryside.
2. I alwayssleep like a log..... Luckily, I can't hear any snoring of my roommate.
3. They spend a lot of time together and lovewhiling away..... their days off going round the shops.
4. I've told youtime after time..... not to take a nap during the day. Later, you wake up at nights.