

Company pays its workers to sleep

A company in the USA is paying its employees to sleep more. Staff at the insurance company Aetna will get \$300 a year added to their salary if they get at least seven hours of sleep a night. That works out to just over an extra dollar for each night the employee sleeps over seven hours. The idea behind this scheme is employee performance. Human resources officials say employees will work better if they have slept well. They add that a workforce that is more awake and alert will mean the company will perform better. Staff can either record their sleep automatically using a wrist monitor that connects to Aetna's computers, or manually record how long they have slept every night.

There are a number of studies that warn that not sleeping enough can affect our ability to do our job. The American Academy of Sleep Medicine said that the average worker in the USA loses 11.3 working days of productivity a year because of not getting enough sleep. This costs companies about \$2,280 for one worker. It estimates that the US economy loses \$63.2 billion a year because workers do not sleep more than seven hours a night. A 2015 study in Europe by the Rand Corporation found that staff who slept less than seven hours per night were far less productive than workers who had eight or more hours of sleep. The staff at Aetna also receive extra cash if they do exercise.



Ex.1 Find in the text expressions which mean:

- | | |
|-------------|-----------------|
| 1. personel | 5. siła robocza |
| 2. pensja | 6. badanie |
| 3. plan | 7. zdolność |
| 4. urzędnik | 8. wydajność |

Ex.2 Match these words from the two columns to form collocations:

- | | |
|--------------|-------------|
| 1. insurance | worker |
| 2. employee | resources |
| 3. human | performance |
| 4. average | day |
| 5. working | cash |
| 6. extra | company |

Ex.3 Change the form of the words in brackets to fit the context of the sentence:

A company in the USA is paying its (employ) 1. _____ to sleep more. Staff at the (insure) 2. _____ company Aetna will get \$300 a year added to their salary if they get at least seven hours of sleep a night. The idea behind this scheme is employee (perform) 3. _____. Human resources (office) 4. _____ say employees will work better if they have slept well. Staff can either record their sleep (automatic) 5. _____ using a wrist monitor that connects to Aetna's computers, or (manual) 6. _____ record how long they have slept every night. There are a number of studies that warn that not sleeping enough can affect our (able) 7. _____ to do our job. A 2015 study in Europe by the Rand Corporation found that staff who slept less than seven hours per night were far less (product) 8. _____ than workers who had eight or more hours of sleep.

I know English idioms!

The topic of this lesson's reading text is sleeping. It's a topic area which is very rich in idiomatic expressions. Let's study but a few:

- to sleep on something (= to give yourself some thinking time; *przespać się z czymś*)
- to sleep rough (= to spend a night in the open air; *spać pod gołym niebem*)
- not to sleep a wink (= not to be able to sleep at all; *nie zmrużyć oka*)

Phrasals, phrasals...

English phrasal verbs are also rich in sleep-related examples. Here are some:

- to flake out (= to fall asleep because you're very tired; *zasnąć ze zmęczenia*)
- to sleep in (= to get up later than normal; *pospać sobie*)
- to sleep over (= to spend a night at another person's house; *przenocować u kogoś*)

Grammar corner

A sentence of our text reads:

"There are a number of studies that warn that not sleeping enough can affect our ability to do our job."

The underlined expression (enough) is a common structure which can translate as "wystarczająco". The interesting thing is where "enough" finds its place in a sentence. Let's study these examples:

- *I don't have enough money to buy a house.*
- *They employed enough workers to complete this project.*
- *She was satisfied enough – I didn't have to push harder.*
- *He answered quickly enough for me to finish the presentation.*

GLOSSARY	
staff	personel
insurance company	firma ubezpieczeniowa
added	dodany, dodatkowo
salary	pensja
at least	przynajmniej
to work out	tu: przeliczać się na
scheme	plan
performance	wydajność
human resources	zasoby ludzkie (dział w firmie)
official	urzędnik, pracownik
workforce	siła robocza
awake	rozbudzony
alert	czujny
to perform	osiągać wyniki
to record	rejestrować
automatically	automatycznie
wrist	nadgarstek
to connect	łączyć się
manually	ręcznie
a number of	liczne
study	studium, badanie
to warn	ostrzegać
enough	wystarczająco
to affect	wpływać na
ability	zdolność
average	średni, statystyczny
to lose	tracić
working day	dzień roboczy
productivity	wydajność
to estimate	szacować
billion	miliard
extra	dodatkowy
cash	gotówka
to do exercise	gimnastykować się

ANSWER KEY

Ex.1

1. staff
2. salary
3. scheme
4. official
5. workforce
6. study
7. ability
8. productivity

Ex.2

1. insurance company
2. employee performance
3. human resources
4. average worker
5. working day
6. extra cash

Ex.3.

1. employees
2. insurance
3. performance
4. officials
5. automatically
6. manually
7. ability
8. productivity