

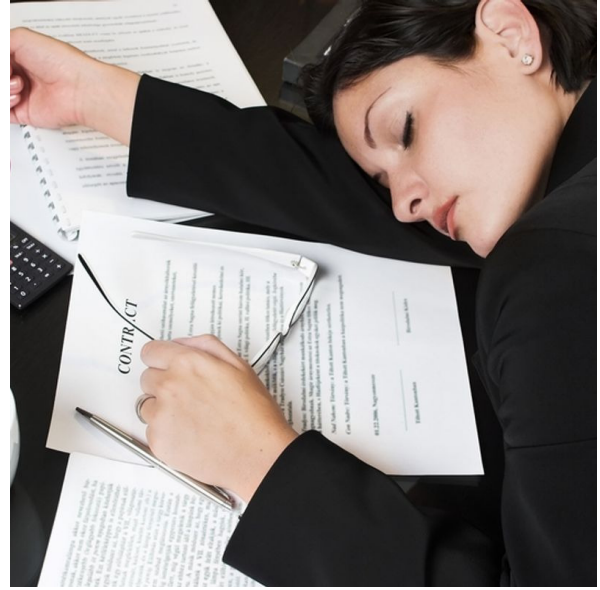


# BORN TO SNOOZE



Scan to review worksheet

Expemo code:  
15FL-R1M8-6UU4



## 1 Warm-up

What time do you usually get up in the morning? How easy is it for you to wake up?

## 2 Idioms

Rephrase the following sentences by replacing the underlined parts with a suitable idiom:

a late riser  
get going

a morning person  
good-for-nothing

beyond me  
have a lie-in

1. He is the type of person who feels good in the morning.
2. He finds it difficult to start becoming active in the morning.
3. He is the type of person who wakes up late.
4. He is a lazy and useless person.
5. It's impossible for me to understand why he quit his job.
6. I don't work tomorrow, so I think I will get up later than usual.

## 3 Key words

Match the following words with their correct definition:

- |                           |   |
|---------------------------|---|
| 1. snooze (verb)          | a. a belief or opinion  |
| 2. crucial (adj.)         | b. a bird with a flat face and large eyes that hunts at night     |
| 3. owl (noun)             | c. a small brown singing bird that is active in the early morning |
| 4. lark (noun)            | d. extremely important  |
| 5. notion (noun)          | e. slow and inactive, as if on drugs                              |
| 6. dopey (adj., informal) | f. take a brief, light sleep                                      |



**4 Find the information**

Take the test below to find out if you are a morning or evening person. Then read the article on Page 3 to see if you are an 'A' or 'B' person and what is the most suitable type of job for you.

1. If you had no commitments the next day, what time would you go to bed?
  - a. 8pm-9pm ..... 5
  - b. 9pm-10.15pm ..... 4
  - c. 10.15pm-12.30am ..... 3
  - d. 12.30am-1.45am ..... 2
  - e. 1.45am-3am ..... 1
  
2. You have to do two hours of physically demanding work. When would you choose to do it?
  - a. 8am-10am ..... 4    b. 11am-1pm ..... 3    c. 3pm-5pm ..... 2    d. 7pm-9pm ..... 1
  
3. You went to bed later than normal and don't have to get up at any particular time. Which of the following is true?
  - a. You will wake up at the usual time and not fall asleep again ..... 4
  - b. You will wake up at the usual time and then snooze ..... 3
  - c. You will wake up at the usual time but fall asleep again ..... 2
  - d. You won't wake up until later than usual ..... 1
  
4. You have to sit a two-hour test. When would you choose to do it?
  - a. 8am-10am ..... 4    b. 11am-1pm ..... 3    c. 3pm-5pm ..... 2    d. 7pm-9pm ..... 1
  
5. If you had no commitments during the day, what time would you get up?
  - a. 5am-6.30am ..... 5
  - b. 6.30am-7.45am ..... 4
  - c. 7.45am-9.45am ..... 3
  - d. 9.45am-11am ..... 2
  - e. 11am-12pm ..... 1
  
6. A friend invites you for a workout at the gym, at 10pm. How do you think you would perform?
  - a. Very well ..... 1    b. Fairly well ..... 2    c. Poorly ..... 3    d. Very poorly ..... 4
  
7. Do you think you are a "morning" person or an "evening" person?
  - a. Definitely morning ..... 6
  - b. More morning than evening ..... 4
  - c. More evening than morning ..... 2
  - d. Definitely evening ..... 0

Add the scores together and compare your score with the key:

- 32-28 ..... definitely morning
- 27-23 ..... moderately morning
- 22-16 ..... neither
- 15-11 ..... moderately evening
- 10-6 ..... definitely evening



## Were you born to snooze?

Can't get going in the mornings? You're not lazy, just a 'B-person'. It's your circadian rhythms, explains late riser Dan Roberts

1. Alarm clocks and I have never been the best of friends. Many of them have been destroyed on my bedside table. I have missed or been late for crucial morning meetings, job interviews, final exams, hospital appointments, weddings... all because I simply can't get up early.
2. It's beyond me how those strange people who spring out of bed at 6am and have jogged, showered, shaved and had breakfast before I've hit the snooze button. Unsurprisingly, my friends, family and colleagues have long considered me a lazy good-for-nothing, despite the fact that I often write well into the evening while they're sitting comfortably in front of the TV.
3. Finally, it seems I may have found support from an unexpected source - Denmark's B-Society. This pressure group supports the rights of "B-people" who, like me, are slow to perform in the morning, but whose energy spikes in the evening.
4. The B-Society's founder, Camilla Kring, is campaigning for fundamental changes in the way we learn, work and live. "Society is arranged around A-people, who are happy working from eight to four," she says. "We want to create a more flexible society, one which also has a place for B-people - those who are genetically predisposed to wake and work later."
5. Kring bases her arguments on the notion that people have different "circadian rhythms". These rhythms govern our body temperature, hormone levels, heart rate and sleep-wake cycles. The circadian rhythms of B-people, such as myself, wake us naturally at 9am or 10am, after which we feel dopey most of the morning but become more energetic in the afternoon and evening.
6. The rhythms are controlled by a group of about 10,000 nerve cells in our brains, which act as our internal clock. They are activated by light, which enters the eye and is received by cells on the retina.
7. Professor Jim Horne is an expert of sleep research, with 30 years' experience of analysing our nocturnal habits. He uses the terms "larks" and "owls" to describe early and late risers. "About half the population is neither one nor the other," he says. "About 10 per cent are extreme morning or evening types. Most people are somewhere in between."
8. Happily for me, Horne thinks that owls such as myself have a good reason for our lie-ins. "The many studies we have conducted show very clear differences between larks and owls. Owls are more adaptable to shift work and jet lag, for example, and will work best in the afternoon and evening."
9. The problem, of course, is that most jobs are adapted to A-people, larks, morning people or whatever you choose to call them.
10. I no longer feel responsible. It's not laziness; I'm just a B-person, hater of alarm clocks and early mornings and lover of late nights. Luckily, it seems I'm in the right profession. "A-people often work in finance or the legal profession, while B-people are usually journalists or creatives," Kring says. "Bs are much more flexible than As."
11. Of course we are. So, if you're a B person like me, next time you arrive at work an hour late, showing signs of lack of sleep, remember that it's not your fault. Tell your boss it's just those circadian rhythms.

*Adapted from The Independent, 07 August 2007*



## 5 Checking understanding

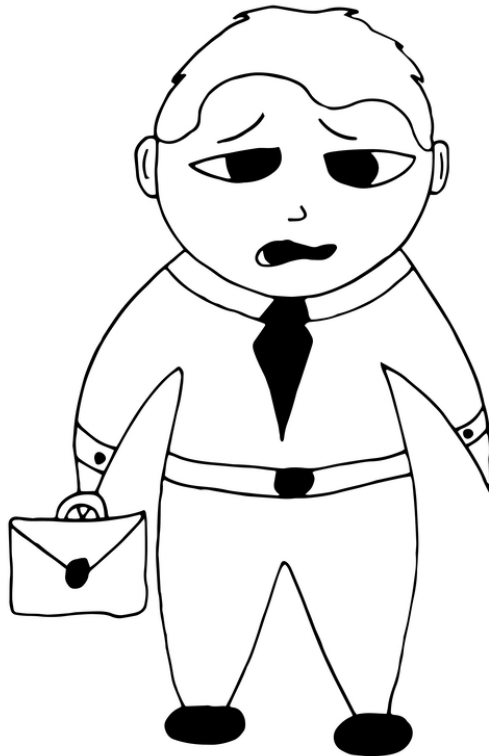
Put T (True) or F (False) next to the statements below. Correct the statements which are false.

1. The writer doesn't like meetings and appointments.
2. The writer cannot understand people who get out of bed early.
3. The writer considers himself to be lazy.
4. Normal work hours are more suitable for early risers.
5. Most people are early risers.
6. Late risers suffer less from jet lag.
7. The writer feels that he should change his profession.

## 6 Find the words

Find a word or phrase in the text which means:

1. get up quickly and suddenly (**phrase, P2**)
2. increases sharply before decreasing (**verb, P3**)
3. fighting or arguing for a particular ideal or principle (**verb -ing, P4**)
4. likely to behave in a certain way because of your genes (**phrase, P4**)
5. happening at night (**adj., P7**)
6. working at different periods of time during the day or night (**noun, P8**)
7. a feeling of tiredness caused by travelling in a plane across different time zones (**noun, P8**)





## 7

**Indicating your opinion**

Study the following sentences from the text:

Unsurprisingly, my friends, family and colleagues have long considered me a lazy good-for-nothing.

Happily for me, Horne thinks that owls such as myself have a good reason for our lie-ins.

Luckily, it seems I'm in the right profession.

Study how the underlined adverbs and adverbial phrases indicate the writer's attitude to what he is writing about. These words and expressions usually come at the beginning of the sentence and comment on the whole of it. Look at some more adverbs that are used in this way:

ADVERBS: Admittedly, amazingly, coincidentally, conveniently, fortunately, incredibly, miraculously, oddly, predictably, sadly, surprisingly, typically, unbelievably, understandably, unfortunately, worryingly

PHRASES: In my opinion, to be perfectly honest, to put it mildly, frankly speaking

**Complete the following sentences with suitable adverbs or phrases from above. More than one answer is possible:**

1. John's house was burgled yesterday. \_\_\_\_\_, he is in a very good mood today.
2. The airplane crashed into a mountain. \_\_\_\_\_, all the passengers survived.
3. He was found guilty of robbing the bank. \_\_\_\_\_, the judge sent him to prison.
4. \_\_\_\_\_, we should tell him sooner rather than later.
5. \_\_\_\_\_, after 20 years of marriage, they are getting divorced.
6. We can go out together tomorrow. \_\_\_\_\_, I don't have to work.
7. \_\_\_\_\_, I don't like your attitude!
8. Peter did poorly in his mathematics test again. His mother is \_\_\_\_\_ quite concerned.
9. John turned up late for work for the third time this week. \_\_\_\_\_, his boss was a bit annoyed.
10. \_\_\_\_\_, my computer crashed just when I was writing an important document.

## 8

**Talking point**

Do you think that your society is suited to morning people? What changes, if any, would you make?