Lesson B Listening

A Answer the questions.



▲ I get up e

1. What time do classes start at school in your city?
   They start at six o'clock or seven o'clock.
2. What time do people start work in your city?
   They start at seven o'clock or eight o'clock.
3. Do many people commute in your city?
   Yes, they do.
4. What time do you get up on weekdays?
   I get up at nine o'clock.
5. Do you have a long commute to school or work?
   Yes, they do.

B 11 Listen to the conversation. Match the times to the sentences.

1.	6:45 f	a.	Kiko gets to work.
2.	5:00 d	b.	Pamela's classes finish.
3.	5:30 e	c.	Kiko leaves work.
4.	8:00 a	d.	Kiko gets up.
5.	6:30 c	e.	Kiko goes to work.
6.	3:00 b	f.	Pamela gets up.

C 11 Listen again. Circle the correct word or phrase.

1. Pamela's classes (are / aren't) interesting.
2. Kiko's commute is (two hours / two hours and thirty minutes).
3. Kiko works in (New York City / Mexico City).
4. There (are / aren't) a lot of cars in his city.
5. On weekdays, Kiko gets home at (nine o'clock / half past nine).
6. (Kiko / Pamela) has an easy routine.

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Lesson C Vocabulary and Grammar

A Match the columns to make phrases.

1. check	d	a.	to other countries
2. go	c	b.	a test
3. travel	a	c.	to class
4. meet	f	d.	email
5. take	b	e.	to people on the phone
6. write	g	f.	clients
7. talk	e	g.	reports

B Write questions and answers about these people's jobs.

	Simon and Elena: flight attendants	Nikita: lawyer
travel	yes	no
meet clients	no	yes
talk to people	yes	yes

Simon and Elena

1. **Q:** Do Simon and Elena travel ? **A:** Yes, they do
2. **Q:** Do Simon and Elena meet clients ? **A:** No, they don't
3. **Q:** Do Simon and Elena talk to people ? **A:** Yes, they do

Nikita

1. **Q:** Does Nikita travel ? **A:** No, she doesn't
2. **Q:** Does Nikita meet clients ? **A:** yes, she does
3. **Q:** Does Nikita talk to people ? **A:** yes, she does

C Unscramble the sentences.

1. (check / sometimes / I / email / my) I sometimes check my email.
2. (Jennifer / her friends / texts / every day) Jennifer texts her friends every day.
3. (my sister / to the gym / never / goes) my sister never goes to the gym.
4. (take / a test / the students / every month) The students take a test every month.
5. (always / we / to class / go) we always go to class.
6. (on the phone / talk / to my family / every weekend / I) I talk to my family on the phone every weekend.

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A Good Night's Sleep

Eight hours of sleep every night is perfect. But a lot of people don't sleep eight hours. The answers in the 2011 *Sleep in America Poll* by the National Sleep Foundation (NSF) show people's sleep routine. A lot of people in America sleep less than seven hours every night.

This graph shows the answers to the questions in the *Sleep in America Poll*. Forty three percent of Americans don't have a good night's sleep on weekdays. Sixty percent have sleep-related problems every night. Maybe they can't fall asleep, or wake up very early, like at three or four o'clock. And 15 percent of adult Americans (19–64) and seven percent of Americans aged 13–18 sleep less than six hours on weekdays.

The poll shows a connection between sleep problems and screen time at night. Ninety-five percent of people in the poll use a screen at night. They don't relax. Young and old people watch television. People work at night and check their email. Young people play video games and text their friends. It's not relaxing.

Do you use a screen at night? Do you have sleep problems? A relaxing bedtime routine is useful. Make your bedroom a relaxing place. Go to bed at the same time every night. A good night's sleep is important.

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A Answer these questions.

1. What time do you go to bed on weekdays? I go to bed at 10:00 o'clock.
2. What time do you go to bed on weekends? I go to bed at 11:45 o'clock.
3. What time do you get up? I get up at 10:.. o'clock.
4. How many hours do you sleep every night? I sleep ten hours every night.
5. Do you spend time with a screen at night? No, I don't.
6. What do you do at night? (watch television, check emails, text friends, play video games)
   I check my emails at night.

B Read the text. Circle **T** for *True* or **F** for *False*.

1. Six hours of sleep is good for you. T / (F)
2. Americans always sleep eight hours. T / (F)
3. Young people (13–18) never sleep less than six hours. (T) / F
4. Sleep problems and screen time are connected. (T) / F
5. Old people play video games. T / (F)
6. A good night's sleep isn't important. T / (F)

C Circle the correct word(s) to complete the sentence about the reading.

1. Many people don't sleep eight hours on (weekdays / weekends).
2. The poll shows how people sleep (around the world / in America).
3. A lot of people (relax / use screens) at night.
4. Young and old people (watch TV / check email) at night.
5. It's useful to always go to (bed / work) at the same time.

D Complete the sentences with the numbers in the box.

~~3~~ ~~6~~ ~~8~~ ~~43~~ ~~95~~ ~~2011~~

1. 43 percent of Americans don't get a good night's sleep on weekdays.
2. Seven percent of young people don't sleep 6 hours on weekdays.
3. People sometimes wake up at 3 o'clock.
4. 2011 is the year of the *Sleep in America Poll*.
5. 95 percent of Americans spend time on screens at night.
6. 8 hours of sleep every night is good.

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