

High-Intermediate 2
Unit 5, Reading
Presented by Mohammad Rajabpur

The Snooze News

snooze (noun) = sleep

Read this transcript of a radio interview with the director of a sleep clinic.

transcript = the written or printed copy of speech

director = manager

Connie: Good morning! This is Connie Sung, bringing you "Here's to Your Health!," a program about modern health issues. Today we've invited Dr. Ray Thorpe to talk to us about insomnia. Dr. Thorpe is the director of the Sleep Disorders Clinic. Welcome to the show!

"Here's to Your Health" ⇔ The Title of the Radio Program

issue (noun) = problem, matter

insomnia = sleeplessness

disorder = abnormal function

Dr. Thorpe: Thanks, Connie. It's great to be here.

Connie: Your book *Night Shift* will be coming out soon. In it, you tell people to pay more attention to sleep disorders. What's the big deal about losing a little sleep?

come out = be published, be released

Your book will be coming out soon. = Your book will be published soon.

the big deal = importance

Dr. Thorpe: I always tell people to think of the biggest industrial disaster that they've ever heard about. Usually, it was caused at least in part by sleep deprivation. Then I ask them to think about what can happen if they drive when they're tired. Every year, up to 200,000 automobile accidents are caused by drowsy drivers.

disaster = failure

cause = make sth happen

at least ≠ at most

in part = partially, to some extent

deprivation = lack, shortage

be deprived of sth = lack sth, be short of sth

up to = as many as, as much as

automobile = car, motor-car

drowsy = sleepy

Connie: Wow! That is a big problem. And a costly one.

Dr. Thorpe: We figure that fatigue costs businesses about \$70 million a year.

Connie: That's astounding! But getting back to the personal level, if I come to your clinic, what would you advise me to do?

costly = expensive

figure = think, estimate, calculate

fatigue = being tired

astounding = shocking, surprising

Dr. Thorpe: First, I would find out about some of your habits. If you smoked or drank, I would tell you to stop.

Connie: Really? A lot of people have a drink to relax.

Dr. Thorpe: Bad idea. Both habits are not only bad for your general health, but they interfere with sleep.

habit = what you generally tend to do

interfere with = stand in the way of, restrict, disturb

Connie: What about the old-fashioned remedies like warm milk?

Dr. Thorpe: Actually, a lot of home remedies do make sense. We tell patients to have a high-carbohydrate snack like a banana before they go to bed. Warm milk helps, too. But I'd advise you not to eat a heavy meal before bed.

Connie: My doctor told me to get more exercise, but when I run at night, I can't get to sleep.

old-fashioned = out of date, not practiced much any longer, outdated

remedy (n.) = treatment, cure

make sense = be logical, be sensible, stand to reason

A lot of home remedies do make sense. ⇒ **Emphatic Sentence:** "do" emphasizes the verb

patient (n.) = sick person, sufferer, case

carbohydrate = any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. They contain hydrogen and oxygen in the same ratio as water and typically can be broken down to release energy in the animal body.

carbohydrate = food containing a lot of carbohydrates

Dr. Thorpe: It's true that if you exercise regularly, you'll sleep better. But we always tell patients not to exercise within three hours of bedtime.

Connie: My mother always said to get up and scrub the floor when I couldn't sleep.

within 3 hours of bedtime = 3 hours before going to bed

scrub = clean something by rubbing it hard

Dr. Thorpe: That works. I advised one patient to balance his checkbook. He went right to sleep, just to escape from the task.

work = have a good result

balance (v.) = evaluate, weigh (up)

checkbook (American) (n.) = chequebook (British) = a book of checks with your name printed on them that is given to you by your bank to make payments with

right = right away, immediately

Connie: Suppose I try these remedies, and they don't help?

Dr. Thorpe: We often ask patients to spend a night at our sleep clinic. We have electronic equipment that permits us to monitor the patient through the night. In fact, if you're interested, we can invite you to come to the clinic for a night.

Connie: Maybe I should do that.

suppose = imagine

permit = allow, enable

monitor = observe, watch, keep an eye on

through = until the end of, all

In fact = As a matter of fact

Full Text:

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Sample Summary

In the radio interview, Dr. Ray Thorpe, director of the Sleep Disorders Clinic, discusses the serious consequences of sleep deprivation, including its role in major industrial disasters and the 200,000 annual automobile accidents caused by drowsy drivers. He highlights the significant financial impact, with fatigue costing businesses around \$70 million each year. Dr. Thorpe advises against habits like smoking and drinking, which interfere with sleep, and suggests home remedies like high-carbohydrate snacks and warm milk before bed. He emphasizes the importance of not exercising within three hours of bedtime and humorously mentions using mundane tasks, like balancing a checkbook, to induce sleep. For persistent insomnia, he recommends spending a night at a sleep clinic for monitoring.

Source:

<https://www.anglophone.ir/high2/>