

Intermediate 1
Unit 5 Reading
Presented by Mohammad Rajabpur

Sleep

Most scientists reckon that by resting our bodies, we allow time for essential maintenance work **to be done**. Any damage that there is **can be put right** more quickly if energy **isn't being used up** doing other things. Injured animals certainly spend more time asleep than usual while their wounds are healing. And quite a few illnesses make us feel drowsy so our body can get on with curing us.

reckon = believe

essential = necessary

maintenance = keeping a device in order; repairs & updates

Infinitive = to + Simple Form of the Verb

Active Infinitive → to do sth

The mechanic needs to change the oil of the engine.

We allow time for our bodies to do essential maintenance work.

Passive Infinitive → to be done

The oil of the engine needs to be changed.

We allow time for essential maintenance work to be done (by our bodies).

Passive: Any damage that there is **can be put right** (by our bodies) ...

Active: Our bodies **can put right** any damage that there is ...

put right = fix, mend

use sth up = use sth completely

Passive: If energy **isn't being used up** (by our bodies) doing other things

Active: If our bodies **aren't using up** energy doing other things

asleep ≠ awake

wound = injury on the skin

while = when

heal = get better

drowsy = sleepy

get on = continue

cure = treat

Sleep **is controlled** by certain chemicals. These build up during the day, eventually reaching levels that make us tired. We can control the effects of these chemicals to some extent. Caffeine helps keep us awake while alcohol and some medicines make us sleepy.

Passive: Sleep is controlled by certain chemicals.

Active: Certain chemicals control sleep.

build up = increase

eventually = finally, at last

effect = impact

to some extent = somewhat

while = whereas

caffeine [ˈkafiːn] = an alkaloid compound which is found especially in tea and coffee plants and is a stimulant of the central nervous system

By using electrodes, scientists are able to study what goes on in people's heads while they sleep. They have discovered that when we first drop off, everything slows down. The heart beats more slowly and our breathing becomes shallow. After about 90 minutes, our eyes start to twitch and we go into what is called REM sleep. REM stands for Rapid Eye Movement, and it's a sign that we've started to dream.

go on = happen

electrode [ɪˈlektroʊd] = a conductor through which electricity enters or leaves an object, substance, or region

while = when

drop off = fall asleep, go to sleep

shallow ≠ deep

twitch = move up and down rapidly



Electrodes

You have dreams every night, even if you don't remember them. There are all sorts of theories about why we dream. One is that it gives the brain a chance to sort out the day's activities, filing everything away in the right place. Another is that the brain gets bored while we're asleep and organizes its own entertainment — a sort of late-night cinema!

sort out = organize

- file + ing = filing
- file (n.) = document, record
- file (v.) = save a file in a safe place

organize = arrange

entertainment = amusement

A lot of people say they have to have eight hours' sleep every night while others seem to manage on a lot less. One thing's for sure; we all need some sleep and going without it can have some very strange effects. An American disc jockey, who stayed awake for 200 hours to raise money for charity, thought things were bursting into flames all around him after 120 hours without sleep. He survived the ordeal but was depressed for three months afterward.

while = whereas
go without = live without
disk jockey = DJ
raise money = collect money
charity = helping the poor people
burst = explode, blow up
flame = a piece of fire
survive = stay alive
ordeal = difficult and painful experience
depressed = extremely sad and unhappy



Peter Tripp (June 11, 1926 – January 31, 2000), a radio personality from the mid-1950s

Humans are unusual in the way they sleep. Most animals have a sleep during the day, and tests have shown that a siesta can be beneficial for us, too. It's even **been recommended** that airline pilots should have a nap during long flights so that they are more alert for the tricky business of landing.

beneficial = useful, profitable
siesta = a nap, short sleep

Passive: It **has** even **been recommended** that ...

Active: Experts **have** even **recommended** that ...

alert = attentive
tricky = tough, difficult

So next time you nod off after Sunday lunch in front of the telly, don't feel embarrassed about it. Science, after all, is on your side.

nod off = fall asleep
telly = television, TV set
embarrassed = ashamed
Science is on your side. = Science supports you.

Full Text:

Sleep

Most scientists reckon that by resting our bodies, we allow time for essential maintenance work to be done. Any damage that there is can be put right more quickly if energy isn't being used up doing other things. Injured animals certainly spend more time asleep than usual while their wounds are healing. And quite a few illnesses make us feel drowsy so our body can get on with curing us.

Sleep is controlled by certain chemicals. These build up during the day, eventually reaching levels that make us tired. We can control the effects of these chemicals to some extent. Caffeine helps keep us awake while alcohol and some medicines make us sleepy.

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Main Ideas:

- When we are asleep, essential maintenance work is done in our body.
- Sleep is a recovery process: it helps us save our energy so that our body can recover from injuries and illnesses.
- Certain chemicals control sleep. When they increase in our blood, we feel tired and sleepy.
- Caffeine helps us keep awake and not to fall asleep.

- Alcohol and some drugs make us sleepy.
- At the beginning of our sleep, our heart beat slows down and our breathing becomes shallow.
- After 90 minutes, we experience Rapid Eye Movement (REM) which means we have started to dream.
- Some experts believe our brain files everything in the right place through dreams.
- Some other experts believe that dreaming amuses our brain while we are asleep and prevents it from getting bored.
- Going without sleep for a long time can cause depression.
- A short nap in the afternoon is useful for our body and mind.

Sample Summary:

Sleep is important because it helps our body fix itself and stay healthy. When we're awake, certain chemicals in our body build up and make us feel tired, and things like coffee can keep us awake, but alcohol can make us sleepy. When we sleep, our heart and breathing slow down, and after a while, our eyes move quickly, which means we are dreaming. People have different needs for sleep; some need a lot, and some need less. Not sleeping enough can make us see things that aren't there, like a DJ who didn't sleep for many days. A short sleep during the day can be good for us. So, it's okay to take a nap sometimes because it's good for you. 🙄😓

Source:

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