



**1** What do you think a *body clock* is?

- A a kind of small clock that you keep in your pocket
- B a digital clock that tells you when to do exercise
- C your need to eat, sleep, etc. at the best times for your body

**2** Complete the sentences with the words from the box.

awake   awful   fall asleep   relax

- 1 It's Sunday. You should stop studying and \_\_\_\_\_ a bit.
- 2 I go to bed early but sometimes I can't \_\_\_\_\_.
- 3 Last night I slept for only four hours and now I feel \_\_\_\_\_.
- 4 It's two o'clock in the morning. Why are you still \_\_\_\_\_?

**3** Read what three people say about sleep. Which person says ...

- 1 they go to bed too late at night? \_\_\_\_\_
- 2 they go to bed too early? \_\_\_\_\_
- 3 they usually get up much too early? \_\_\_\_\_



*We asked three people of different ages how much sleep they need – and how much sleep they actually get.*

### Josh (28)

I'm always tired. From Monday to Friday I get up at seven o'clock. I think I need about eight hours' sleep, so I *should* go to bed at eleven, but I don't. I come home from work quite late and only really start to relax at about 10 pm. Then I read a book or watch TV and very soon it's midnight! I go to bed but I don't fall asleep immediately. So I always feel bad when the alarm clock rings at seven.

### Lilly (17)

Why do we have to start school so early? It's crazy! I feel awful when the alarm clock rings. School timetables are not made for the teenage body clock. At the weekend I get up at ten or eleven o'clock and then I feel fine. On weekdays I have to get up at half past six because I have a long journey to school – in winter it's still dark! Why get up in the middle of the night? It's not natural.

### Noah (7)

Why do children have to sleep so much? My parents say I have to go to bed at eight o'clock. In the mornings, Mum and Dad are always tired but I'm not tired at all. I get up at seven o'clock, even on Saturdays and Sundays. At weekends everybody says that it's too early and that I should go back to bed – but I can't sleep any more. I'm awake because I went to bed too early!

- 4 Read the text again and look at the questions. Are the answers in the text? Tick the right box and then write the answers if you can.

	No, not in the text	Yes, in the text	Answer
<b>Example</b> How does Josh relax in the evening?		✓	reads or watches TV
1 Does Josh usually fall asleep before or after midnight?			
2 When does Lilly go to bed?			
3 When does Lilly get up on Saturdays and Sundays?			
4 Does Noah have an alarm clock?			
5 Why does Noah think he wakes up early at weekends?			

- 5 When do you feel most tired or most awake? When are you hungry? With a partner, discuss how you feel at these times:

8 am  
10 am  
1 pm  
3 pm  
6 pm  
9 pm

At eight o'clock in the morning I still feel tired. I have a small breakfast but I'm not really hungry ...





### 1 Warmer

Ask a few students to say what time they got up this morning. Do they feel that they had had enough sleep? If not, can they say why?

### 2 Exercise 1

Hand out the worksheet. Ask students to look at the question and the possible answers in Exercise 1. Make sure they all have time to read through everything and then ask for the right answer. If *body clock* is still not clear, give some examples, e.g. *My body clock tells me to go to bed early. I'm a morning person.*

**Answer**

C

### 3 Exercise 2

Let students do the exercise in pairs and then check the answers with the whole class. Explain that they will see the words in the box later on.

**Answers**

- 1 relax
- 2 fall asleep
- 3 awful
- 4 awake

### 4 Exercise 3

Ask students to skim the article with the three short texts. Let them find the answers themselves and then ask them to check with a partner. Then confirm the answers with the whole class.

**Answers**

- 1 Josh
- 2 Noah
- 3 Lilly

### 5 Exercise 4

Now give students time to read in more detail. They should read through the questions first and then read the text more slowly, looking for the answers to the questions. With a partner, they should write the answers in note form, as in the example. Stress that this is about the information they can really find, not what they can guess.

**Answers**

- 1 yes, goes to bed after midnight
- 2 no, not in the text
- 3 yes, ten or eleven o'clock
- 4 no, not in the text
- 5 yes, because he went to bed too early

### 6 Exercise 5

Let students talk in pairs about their own body clocks. When they have all spoken about the various times of day, ask a few pairs to report to the class, comparing their own and their partners' body clocks.