

Early to Bed...

Lead-in

- 1
- a. The title is from a well-known proverb. Can you complete it? What does it mean?
 - b. Describe the pictures on this page. What do you think their daily routines are?
 - c. What time do you usually wake up? Do you wake up on your own, or do you need an alarm clock? Do you often have late nights, or do you always go to bed early? Do you have a strict daily routine? What do you usually do every day?

- 2
- a. Tick (✓) the points below which you feel describe you, then talk about yourself using adverbs of frequency.

- clumsy, often have accidents
- often feel tired
- get ill more often than other people
- suffer from indigestion/headaches etc
- have health problems (e.g. heart problem, muscular pains etc)
- have a regular sleep pattern
- have meals at the same times every day

*I am not usually clumsy.
I don't often have accidents.*

- b. How do you feel about your lifestyle? What would you like to change? Why? Compare answers with your partner.



Can you feel the rhythm?

'Routine' is usually seen as a negative term nowadays, largely because we no longer belong to a society of nine-to-fivers. We live in what is fast becoming a 24-hour society, where everything is open all hours. You can buy your groceries at midnight, book your holiday on the Internet at 3 am, and do business online at the crack of dawn. Before you join the 24-hour **revolution**, however, take a minute to listen to what your body is trying to tell you – that a round-the-clock lifestyle is not what nature intended.

In an area of our brains called the hypothalamus, we have a 'body clock' that controls our body's natural rhythms. It tells us when it's the right time to eat, sleep, work and play. It plays an important part in our **physical** and **psychological** well-being. It is, in fact, what makes us tick and it controls many things including our **hormones**, temperature, immune functions and **alertness**. It **synchronises** all these like a conductor with an orchestra; it regulates tempo and brings in all the different instruments on time to make music rather than **random** noise. If we try to ignore our body clocks, or even to switch them off for a while, we not only **deprive** ourselves of much needed rest but we also run the risk of seriously damaging our health.

Ignoring your body clock and changing your body's natural rhythms can not only make you **depressed**, **anxious** and **accident prone**, it can lead to much more serious health problems. For example, **heart disease**, **fatigue**, **ulcers**, **muscular pain**, and **frequent viral infections** can all result from trying to **outsmart** our body clocks. Altering our patterns of sleeping and waking dramatically affects our **immune system**. While we sleep the body's **repair mechanisms** are at work; when we are awake natural killer cells **circulate** around our bodies and cause more damage. Our **digestive system** is affected, too – high levels of **glucose** and fat remain in our **bloodstream** for longer periods of time and this can lead to heart disease.

Unfortunately, we were not designed to be members of a 24-hour society. We can't ignore millions of years of **evolution** and stay up all night and sleep all day. We function best with a regular pattern of sleep and wakefulness that is **in tune with** our natural environment. Nature's cues are what keep our body clocks ticking rhythmically and everything working in **harmony**. So, next time you think a daily routine is boring and **predictable**, remember that routine may well save your life in the long run.

Reading

- 3 a. What is the man below looking at? How do you think he feels? Why?
- b. Is it important to have a standard daily routine? Why/Why not? Read the text to find out.
- c. Read the text again and choose the correct answer, A, B, C or D, for questions 1-6.

1 What does *it* in line 12 refer to?

- A our body's natural rhythms
- B the hypothalamus
- C our body's biological clock
- D our brain

2 What does the word *tick* in line 14 mean?

- A check
- B motivate
- C select
- D function

3 In what way is our body clock like the conductor of an orchestra?

- A The hypothalamus controls our actions.
- B It makes all the body's functions work together at the right time.
- C The body clock is very precise.
- D We have a special programme.

4 If we change our sleep patterns, we

- A will get an infection.
- B will disturb our immune system.
- C will get heart disease.
- D get high levels of dangerous cells.

5 According to the text, we should

- A do things when our body tells us to.
- B organise our body clock according to a strict schedule.
- C use the natural environment to work out a regular routine.
- D have a boring, slow-paced lifestyle.

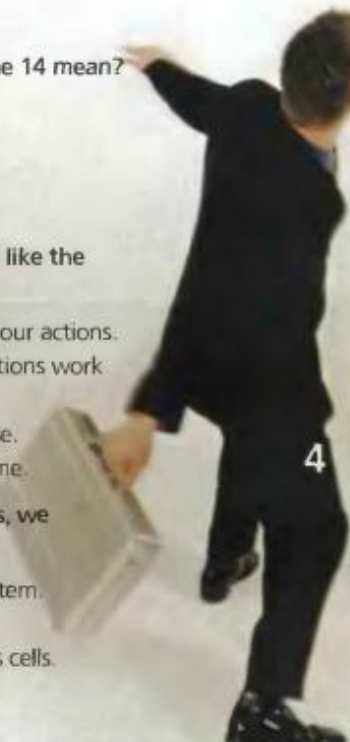
6 According to the text, our body clock

- A can be changed without harm.
- B determines when we should do things.
- C helps us to fight sleep.
- D is a boring routine.

d. Explain the words/phrases in bold. Which words in the text do you think come from another language? Are there any words in the text that are the same in your language?

Follow-up

Why has the writer written this article? Are there any points in the article you disagree with? Is there any information you did not know before reading the article? Compare answers with your partner.



Health Problems

5 a. Look at the table and match the problems to their symptoms and causes.

| Symptoms | Problem | Common Cause |
|--|-------------|-----------------------------------|
| can't sleep | indigestion | not getting enough sleep |
| a bloated, painful stomach | asthma | a virus |
| headache, fever, aching muscles | insomnia | spending too much time in the sun |
| high temperature, nausea, dizziness | overtired | bacteria under the skin |
| a painful muscle contraction | flu | eating too much or too quickly |
| difficulty breathing, wheezing | cramp | doing too much exercise |
| can't stop yawning | acne | stress, anxiety |
| runny nose, sore eyes, sneezing | heat stroke | an allergy to pollen |
| spots and red lumps on the face and neck | hay fever | an allergy to dust or animals |

b. In pairs, use the table to talk about health problems, as in the example. Which of these problems have you experienced?

If you have a bloated, painful stomach, then you've probably got indigestion. This is usually caused by eating too much, too quickly.

c. What medical problems could you suffer ...

- on a very hot day?
- if you get wet on a cold day?

b. Match the collocations to the advice.

- | | |
|--------------------------|---|
| • take an aspirin | • ask the doctor to prescribe some medicine |
| • put it in a sling | • rest the injured part |
| • pinch your nose | • suck on a throat lozenge |
| • put some ice on it | |
| • get some fresh air | |
| • drink plenty of fluids | |

If you have a splitting headache, you should take an aspirin.

c. In pairs, act out dialogues, as in the example.

6 a. Match the words in column A to those in column B to make collocations, then say what might give you each problem.

| A | B |
|-----------|-----------|
| splitting | poisoning |
| black | wrist |
| sprained | bleed |
| travel | cold |
| pulled | headache |
| food | sickness |
| sore | muscle |
| streaming | eye |
| nose | throat |

You may get a splitting headache if you work on a computer for too long.

A: I've got a splitting headache.

B: Really? Why?

A: I've been working on the computer all day.

B: You should take an aspirin.

Writing

7 Write a letter to a friend about a health problem that you have had recently. Write what caused it, when/where it happened and what you did about it.

31 You are going to listen to four people talking about how they have improved their quality of life. Match the statements which best summarise their ideas (A-E) to the speakers (1-4). There is one statement which you do not need to use.

- | | | |
|---------------------------|-----------|--------------------------|
| A Be with friends. | Speaker 1 | <input type="checkbox"/> |
| B Get back to nature. | Speaker 2 | <input type="checkbox"/> |
| C Be satisfied with less. | Speaker 3 | <input type="checkbox"/> |
| D Focus on the family | Speaker 4 | <input type="checkbox"/> |
| E Help those in need. | | |

32 Look at the table and the pictures, then, in pairs, talk about:

- different ways to relax;
- pros & cons of active and passive relaxation

HOW PEOPLE RELAX



Survey results for 500 teenagers

- 27% watch TV
- 24% spend time with friends
- 12% read a book
- 10% listen to music
- 8% play sports
- 6% play a musical instrument
- 5% go shopping
- 3% go to cinema
- 3% go out for a meal
- 2% play computer games

TIP

Read the instructions to find out what the listening text is about. Read the question stems and underline any key words. Read the options (A, B, C) for each question. Do not predict the answers. Listen and mark your answers. Listen again and check. Do not leave any questions unanswered.

- A: *Watching TV is a form of passive relaxation.*
 B: *Yes, you can sit quietly ...*

33 You will hear five short dialogues about people's health. Listen and circle the correct item: A, B or C.

- What happened to the girl?
 - She crashed her bicycle.
 - She crashed her car.
 - She crashed her mother's car.
- What is wrong with the man?
 - He has got food poisoning.
 - He is allergic to seafood.
 - He ate too much.
- What has the man been doing?
 - fighting
 - dressing his children
 - jogging

- What is the doctor's advice?
 - To exercise more.
 - To exercise less.
 - To do some weightlifting.
- How did the woman hurt her hand?
 - She burnt it.
 - She trapped it in the kitchen door.
 - The man hurt it.

Speculating

34 a. Look at the pictures. Who: is in a hurry? has a splitting headache? has had an accident?



Jack

Jean

- b. What do you think caused each problem?
Jack might have been playing football. He could have tripped and fallen down. He must be in pain. etc

Giving Advice

- c. What advice would you give each person? Use the phrases below, as well as your own ideas.

If I were you, I ... / You should(n't) ... / Why don't you ...

Jack - You should be more careful.

35 a. You are going to hear someone giving advice on how to reduce stress. Listen and say where you might hear this dialogue. How do the speakers sound? Why?

- b. Listen again and write **Yes** or **No** for each statement (1-7).

- The woman is suffering from stress.
- She often goes out with her friends.
- She thinks her work is causing her stress.
- The man suggests that she find another job.
- The woman can work fewer hours.
- The man suggests she take some medicine.

36 Your friend is feeling stressed out and wants to make some changes to his/her lifestyle.

- suggest ways to change his/her lifestyle in order to help reduce stress
- reject his/her reasons for not being able to follow your advice, and suggest alternatives
- express your hope that everything will work out well

Stress and Relaxation

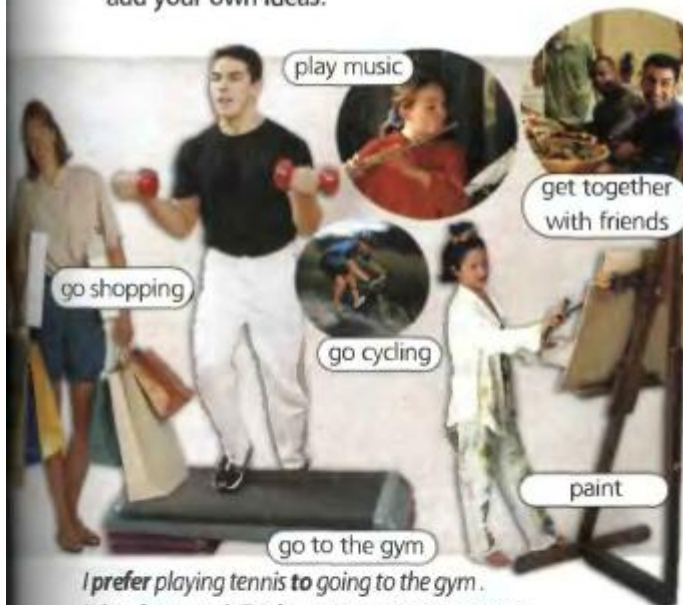
- 8 Look at the list below and rank the stressful situations from 1 to 9, where 1 is the least stressful and 9 the most stressful. Compare your list to your partner's and talk about the situations.

- a being stuck in a traffic jam
- b doing the housework
- c waiting in a queue for a long time
- d being late for school/work
- e missing the bus/train to school/work
- f walking home alone at night
- g going to the dentist
- h taking an exam
- i not being able to sleep at night

A: *To me, going to the dentist is the most stressful situation. I can't stand drills! What about you?*

B: *Well, I just hate being stuck in traffic jams. I really get stressed when I have to sit and wait for ages.*

- 9 a. Look at the pictures. Which would you do to help you relax when you are stressed? You can add your own ideas.



*I prefer playing tennis to going to the gym.
I'd rather watch TV than play computer games.*

- b. In pairs, discuss what you prefer doing to relax. Use the table below.

POSITIVE

I (really) enjoy/like/love/
prefer ...
I'm fond of/interested in/
keen on
I find ... quite exciting/
relaxing/fascinating etc

NEGATIVE

I don't like ...
I hate/detest/can't stand ...
I'm not very fond of/
interested in/keen on ...
I find ... a bit/rather boring/
tiring etc

A: *I find painting quite relaxing.*

B: *Really? I'm not very fond of drawing, but I enjoy playing squash.*

Making an appointment

- 39 a. Listen to the dialogue and fill in the questions. Who is Tina speaking to?

A: Good afternoon. Meadows Surgery. 1)

B: Oh yes, I'd like to make an appointment with Doctor Michaels, please.

A: I'm afraid Dr Michaels is on holiday at the moment. 2)

B: Erm ... yes, alright. That would be fine.

A: Right. The first available appointment is on Thursday at 10 o'clock. 3)

B: Yes, that should be okay.

A: Good. 4)

B: Tina, Tina Wilcox.

A: 5)

B: I've been having trouble sleeping lately.

A: Right then, we'll see you on Thursday at 10 o'clock.

B: Thank you. Goodbye.

- b. Use the prompts below to act out similar dialogues.

| Friday | Monday |
|---------------|--------------|
| 2:30pm | 9 o'clock |
| Carol Ormerod | Brian Powell |
| (bad cough) | (saracho) |

Describing symptoms

- 40 a. Listen to the dialogue and fill in the missing words. What's wrong with Betty?

• aches • the flu • pale

A: Are you okay, Betty? You look a bit 1)

B: Actually, I feel terrible.

A: Oh! What's wrong?

B: I'm burning up and my whole body 2)

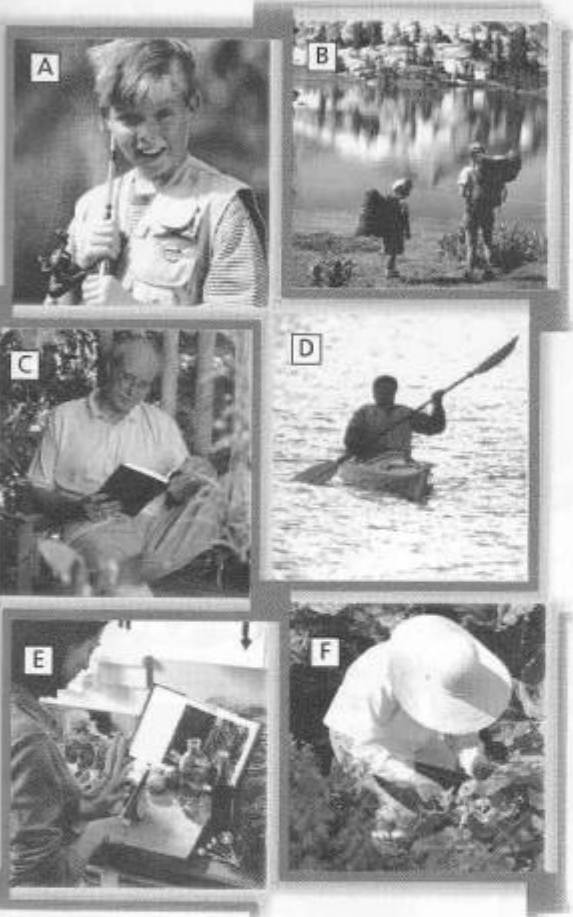
A: Sounds to me like 3)
If I were you, I would go to bed.

- b. Use the prompts to act out similar dialogues.

- burning feeling in my chest
heartburn – take an antacid tablet
- can't stop yawning
you're overtired – get an early night

6 Read the sentences and match them with the pictures. Then guess the hobbies.

- 1 I love watching things grow.
- 2 I feel great when I'm out on the water.
- 3 I buy all the latest bestsellers.
- 4 Getting out into nature is very relaxing.
- 5 I rarely catch anything!
- 6 I love trying new recipes.



7 Circle the correct response.

- 1 A: This new diet is amazing, I've lost 5 kilos already.
B: a That's great!
b Are you?
c That's not fair!
- 2 A: I think I'm coming down with the flu.
B: a That sounds interesting.
b Really? Have you got a temperature?
c I don't know what to do!
- 3 A: I would love to live in Alaska.
B: a Really? Why?
b I don't understand!
c That's good.
- 4 A: You missed a great party last night.
B: a What makes you think that?
b What happened next?
c Really? Tell me all about it.

- 5 A: I've decided to stop drinking coffee.
B: a Have you? Why?
b Oh no!
c Did you? That's great.
- 6 A: Oh no! The photocopier is broken again!
B: a I don't believe it!
b It's so unfair!
c What did I do?
- 7 A: We don't know what to get Ben for his birthday.
B: a Oh, forget it!
b Really? Is he having a party?
c Why don't you ask his wife?
- 8 A: I've just bought a new car.
B: a I don't believe it! I thought you were broke!
b That's a complete waste of time!
c Really? Would you like that?
- 9 A: The boss wants to see you in his office.
B: a That sounds interesting.
b It's a complete waste of time.
c Oh no! What did I do?

8 Complete the sentences below with two to five words, including the word in bold. Do not change the meaning of the original sentence.

- 1 I ate my lunch too fast and now I've got a stomach ache.
indigestion I'm because I ate my lunch too fast.
- 2 Accidents just seem to happen to him, so I'm not surprised he's in hospital.
prone He's really so I'm not surprised he's in hospital.
- 3 Watching documentaries about endangered animals always makes me feel sad.
depressed I always watch documentaries about endangered animals.
- 4 Simon was late for work because there was a train strike.
account Simon was late a train strike.
- 5 Ann likes chocolate a lot.
fond Ann chocolate.
- 6 He did not intend to leave before he finished the report.
intention He before he finished the report.
- 7 You should stop smoking.
give You smoking.
- 8 Stan didn't do what he had promised to do.
went Stan word.



Listening Task

🔊 You will hear five radio presenters giving commentaries on sports events. For questions 1-5 choose from the list A-F which sport each speaker is talking about. Use the letters only once. There is one extra letter which you do not need to use.

| | | |
|----------------|-----------|----------------------|
| A football | Speaker 1 | <input type="text"/> |
| B volleyball | Speaker 2 | <input type="text"/> |
| C horse racing | Speaker 3 | <input type="text"/> |
| D water polo | Speaker 4 | <input type="text"/> |
| E tennis | Speaker 5 | <input type="text"/> |
| F basketball | | <input type="text"/> |

Speaking Task

Compare and contrast the two activities shown in the pictures. Think about the equipment/qualities required and the risks involved. Which would you prefer to do? Why?

