

Sleep Deprivation

What are the main physical benefits of getting a good night's sleep? In what ways do you think modern life interferes with sleep? Listen to part of a podcast to see if any of your ideas are mentioned and improve your listening skills and vocabulary on the topic.

Before you listen

Match the words with the definitions.

the flip side	to achieve, to gain
deprivation	something that increases activity, interest, etc.
to rack up	to use less of something
stimulant	stress, anxiety, or pressure
to cut back on	the opposite result of a good situation
tension	a quick look
peek	to gradually fall asleep
to drift off	the lack or denial of something

Transcript

Before the break, Dr. Raymond Shaw talked about the benefits of good sleep, but now we're going to be looking at the flip side - the dangers of sleep deprivation. We all know lack of sleep is dangerous, so why do we still not get enough of it? Well, first off, we seem to be packing way too much into our days. We get up too early and go to bed too late. We know we need to be racking up at least seven hours of sleep a night, but it's hard to fit those seven hours into our busy schedules.

So, what might be stopping us? And what can we do about it?

Well, physical stimulants don't help, so we should try to cut out caffeine and sugar, or at least cut back on them. Also, the pressure of work or school means tension builds up during the day, making it harder to wind down at night. But the main thing keeping us up is FOMO.

FOMO? You mean, Fear Of Missing Out?

Uh-huh. That's what drives us to our screens late at night - social media updates, breaking news stories, the latest Tweets. We kid ourselves that we're just taking a quick peek before we drift off to sleep, but time just slips away. Those minutes add up to hours, and soon you're watching cat videos when you should be sleeping!

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After you listen

Talk to a friend and ask for their take around the topic. Also, try to use three new words that you have learned from the talk. As always, you can read the transcript at any time too.

