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Level 1

Company pays its workers to sleep

2nd July, 2016

<http://www.breakingnewsenglish.com/1607/160702-sleep-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-1.html>

A U.S. insurance company is paying workers to sleep more. Staff will get \$300 a year extra if they sleep more than seven hours a night. This idea is to make employees work better. Human resources officials say employees work better if they sleep well. The company will then perform better. Staff can record their sleep automatically using a wrist monitor, or record how long they have slept every night.

Many studies show that not sleeping enough affects our ability to do our job. The average U.S. worker loses 11.3 working days of productivity a year because of not sleeping enough. The US economy loses \$63.2 billion a year because of this. A study in Europe found that staff who slept less than seven hours per night did much less work than workers who had eight or more hours. Workers at Aetna also get extra pay if they exercise.

Sources: <http://www.bbc.com/news/business-36641119>
http://www.huffingtonpost.com/entry/aetna-pays-employees-to-sleep-more_us_570e78abe4b03d8b7b9f1712
<http://www.bizjournals.com/louisville/news/2016/04/06/why-aetna-pays-employees-hundreds-of-dollars-to.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-1.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|---------------------|
| 1. insurance | a. work better |
| 2. paying workers | b. than seven hours |
| 3. Staff will get \$300 a | c. to sleep more |
| 4. sleep more | d. monitor |
| 5. This idea is to make employees | e. better |
| 6. Human resources | f. company |
| 7. The company will then perform | g. officials |
| 8. using a wrist | h. year extra |

PARAGRAPH TWO:

- | | |
|--|--------------------------|
| 1. affects our ability | a. seven hours per night |
| 2. The average U.S. worker | b. enough |
| 3. 11.3 working days of | c. less work |
| 4. because of not sleeping | d. to do our job |
| 5. The US economy loses \$63.2 billion a | e. if they exercise |
| 6. staff who slept less than | f. loses |
| 7. did much | g. year because of this |
| 8. get extra pay | h. productivity |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1607/160702-sleep-1.html>

A U.S. insurance company is paying (1) _____ more. Staff will get \$300 (2) _____ they sleep more than seven hours a night. This (3) _____ employees work better. Human (4) _____ say employees work better if they sleep well. The company will then perform better. Staff (5) _____ sleep automatically using a wrist monitor, or record how long they have (6) _____.

Many studies show that not sleeping (7) _____ our ability to (8) _____. The average U.S. worker loses 11.3 working days of productivity a year because of not (9) _____. The US economy loses \$63.2 billion a year because of this. A study in Europe (10) _____ who slept less than seven hours per night did much less (11) _____ who had eight or more hours. Workers at Aetna also (12) _____ they exercise.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1607/160702-sleep-1.html>

A U.S. insurance company is paying workers to sleep more. Staff will get \$300 a year extra if they sleep more than seven hours a night. This idea is to make employees work better. Human resources officials say employees work better if they sleep well. The company will then perform better. Staff can record their sleep automatically using a wrist monitor, or record how long they have slept every night. Many studies show that not sleeping enough affects our ability to do our job. The average U.S. worker loses 11.3 working days of productivity a year because of not sleeping enough. The U.S. economy loses \$63.2 billion a year because of this. A study in Europe found that staff who slept less than seven hours per night did much less work than workers who had eight or more hours. Workers at Aetna also get extra pay if they exercise.

SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1607/160702-sleep-4.html>

Write five GOOD questions about sleep in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-1.html>

Write about **sleep** for 10 minutes. Read and talk about your partner's paper.
