

## Company pays its workers to sleep

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via Alan Cleaver on Flickr

A company in the USA is paying its employees to sleep more. Staff at the insurance company Aetna will get \$300 a year added to their salary if they get at least seven hours of sleep a night. That works out to just over an extra dollar for each night the employee sleeps over seven hours. The idea behind this scheme is employee performance. Human resources officials say employees will work better if they have slept well. They add that a workforce that is more awake and alert will mean the company will perform better. Staff can either record their sleep automatically using a wrist monitor that connects to Aetna's computers, or manually record how long they have slept every night.

There are a number of studies that warn that not sleeping enough can affect our ability to do our job. The American Academy of Sleep Medicine said that the average worker in the USA loses 11.3 working days of productivity a year because of not getting enough sleep. This costs companies about \$2,280 for one worker. It estimates that the US economy loses \$63.2 billion a year because workers do not sleep more than seven hours a night. A 2015 study in Europe by the Rand Corporation found that staff who slept less than seven hours per night were far less productive than workers who had eight or more hours of sleep. The staff at Aetna also receive extra cash if they do exercise.

Sources: *BBC.com / HuffingtonPost.com / BizJournals.com*

## Writing

All workers should be paid to sleep seven hours or more. Discuss.

## Chat

Talk about these words from the article.

company / employees / insurance / salary / scheme / officials / awake / alert / record / studies / ability / average / productivity / estimates / billion / extra / cash / exercise

## True / False

- Workers at a U.S. company are getting \$300 a month to sleep longer. T / F
- The company is paying workers to sleep to improve performance. T / F
- A worker will get \$7 per night for sleeping more than seven hours. T / F
- Workers can only get the extra cash by wearing a wrist monitor. T / F
- The average U.S. worker loses 11.3 days of holiday a year. T / F
- A lack of sleep costs companies an average of \$2,280 per worker. T / F
- The US economy loses \$63.2 bn a year because workers sleep too little. T / F
- Workers at the company also get extra cash if they exercise. T / F

## Synonym Match

- |               |               |
|---------------|---------------|
| 1. employees  | a. ordinary   |
| 2. salary     | b. detector   |
| 3. scheme     | c. a lot      |
| 4. alert      | d. workers    |
| 5. monitor    | e. additional |
| 6. affect     | f. aware      |
| 7. average    | g. pay        |
| 8. far        | h. useful     |
| 9. productive | i. plan       |
| 10. extra     | j. change     |

## Discussion – Student A

- What can companies do to make sure workers sleep well?
- Should workers who fall asleep at work lose pay?
- Why is it difficult for people to get 7 hours of sleep?
- Are there more things nowadays to stop us sleeping?
- What are the health benefits of sleeping?
- Would you take a sleep pill if it could keep you awake?
- What do you like most about sleeping?
- What questions would you like to ask the researchers?

## Phrase Match

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1. insurance                | a. of productivity a year           |
| 2. That works               | b. less productive                  |
| 3. a workforce that is more | c. monitor                          |
| 4. using a wrist            | d. company                          |
| 5. manually                 | e. cash if they do exercise         |
| 6. not sleeping enough can  | f. awake and alert                  |
| 7. loses 11.3 working days  | g. loses \$63.2 billion             |
| 8. the US economy           | h. affect our ability               |
| 9. far                      | i. record how long                  |
| 10. receive extra           | j. out to just over an extra dollar |

## Discussion – Student B

- What do you think about what you read?
- What do you think of sleep?
- Should everyone be paid to sleep longer?
- What are you like if you do not sleep enough?
- Why do people like sleeping?
- What is a waste of time about sleeping?
- Should there be more education about sleeping well?
- Should all TV stations shut down at 11pm (like the old days)?

## Spelling

- paying its oemsyeelp
- uecrnians company
- the idea behind this shmece
- a freckwroo that is more awake
- a wrist tromoin
- ynaullam record how long they have slept
- not sleeping gonehu
- affect our iiblyat to do our job
- the aegerav worker
- the US ycoenmo loses \$63.2 billion a year
- less ieocturdpv than workers
- ceeervi extra cash

### Answers – Synonym Match

1. d	2. g	3. i	4. f	5. b
6. j	7. a	8. c	9. h	10. e

## Role Play

### Role A – Sleeping longer

You think sleeping longer is the best reason to get extra salary. Tell the others three reasons why. Tell them why their things don't deserve extra salary. Also, tell the others which of these should never get extra salary (and why): helping others, being nice or not taking breaks.

### Role B – Helping others

You think helping others is the best reason to get extra salary. Tell the others three reasons why. Tell them why their things don't deserve extra salary. Also, tell the others which of these should never get extra salary (and why): sleeping longer, being nice or not taking breaks.

### Role C – Being nice

You think being nice is the best reason to get extra salary. Tell the others three reasons why. Tell them why their things don't deserve extra salary. Also, tell the others which of these should never get extra salary (and why): helping others, sleeping longer or not taking breaks.

### Role D – Not taking breaks

You think not taking breaks is the best reason to get extra salary. Tell the others three reasons why. Tell them why their things don't deserve extra salary. Also, tell the others which of these should never get extra salary (and why): helping others, being nice or sleeping longer.

## Speaking – Extra pay

Rank these with your partner. Put the best things to get paid for at the top. Change partners often and share your rankings.

- |                   |                     |
|-------------------|---------------------|
| • sleeping longer | • being nice        |
| • helping others  | • volunteering      |
| • good ideas      | • tidying           |
| • studying        | • not taking breaks |

### Answers – True False

a	F	b	T	c	F	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.