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Level 3

Company pays its workers to sleep

2nd July, 2016

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

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: <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>

WARM-UPS

1. SLEEP: Students walk around the class and talk to other students about sleep. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. SLEEP SALARY: Students A **strongly** believe people should get paid to sleep longer; Students B **strongly** believe that's silly. Change partners again and talk about your conversations.

4. PRODUCTIVITY: How can workers do more at work? Complete this table with your partner(s). Change partners often and share what you wrote.

	How to increase productivity
Sleep	
Internet	
Breaks	
Training	
Awards	
Meetings	

5. EMPLOYEE: Spend one minute writing down all of the different words you associate with the word "employee". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. 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
- helping others
- good ideas
- studying
- being nice
- volunteering
- tidying
- not taking breaks

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|---------------|
| 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 |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------------|-------------------------------------|
| 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 |

GAP FILL

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

A company in the USA is paying its (1) _____ to sleep more. Staff at the (2) _____ company Aetna will get \$300 a year added to their salary if they get at least seven hours of sleep a night. That works (3) _____ to just over an extra dollar for each night the employee sleeps over seven hours. The idea behind this (4) _____ is employee performance. Human resources officials say employees will work better if they have slept (5) _____. They add that a workforce that is more awake and (6) _____ will mean the company will perform better. Staff can either record their sleep automatically using a wrist (7) _____ that connects to Aetna's computers, or (8) _____ record how long they have slept every night.

scheme
employees
monitor
out
well
manually
insurance
alert

There are a number of (9) _____ that warn that not sleeping enough can affect our (10) _____ to do our job. The American Academy of Sleep Medicine said that the (11) _____ worker in the USA loses 11.3 working days of (12) _____ a year because of not getting enough sleep. This costs companies about \$2,280 for one worker. It (13) _____ 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 (14) _____ who slept less than seven hours per night were (15) _____ less productive than workers who had eight or more hours of sleep. The staff at Aetna also receive (16) _____ cash if they do exercise.

estimates
ability
far
productivity
studies
extra
staff
average

LISTENING – Guess the answers. Listen to check.

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

- 1) A company in the USA is paying its employees _____
 - a. to sleeps more
 - b. two sleeps more
 - c. to sleep more
 - d. to sleep amore
- 2) Staff at the insurance company Aetna will get \$300 a year _____ salary
 - a. add did to their
 - b. added to their
 - c. add it to their
 - d. addled to their
- 3) That works out to just over an extra dollar _____
 - a. for each nights
 - b. four each nightly
 - c. for each night
 - d. four each night
- 4) Human resources officials say employees will work better if they _____
 - a. have slept well
 - b. have slept wells
 - c. have slept swell
 - d. have slept dwell
- 5) manually record how long they have _____
 - a. sleeping every night
 - b. slept every night
 - c. sleep every night
 - d. sleeps every night
- 6) studies that warn that not sleeping enough can affect our ability _____
 - a. to do our job
 - b. to done our jobs
 - c. to do your job
 - d. to done our job
- 7) the average worker in the USA loses 11.3 working days _____ year
 - a. of productivity the
 - b. of proclivity a
 - c. of promiscuity a
 - d. of productivity a
- 8) loses \$63.2 billion a year because workers do not sleep more _____ night
 - a. then seven hours a
 - b. than seven hour a
 - c. than seven hours a
 - d. than seven hours the
- 9) staff who slept less than seven hours per night were _____ productive
 - a. for less
 - b. fare less
 - c. four less
 - d. far less
- 10) The staff at Aetna also receive extra cash _____ exercise
 - a. if they done
 - b. if they doing
 - c. if they do
 - d. if they due

LISTENING – Listen and fill in the gaps

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

A company in the USA is paying its employees (1) _____.
Staff at the insurance company Aetna will get \$300 a year added to their salary if they (2) _____ seven hours of sleep a night. That works out to just over (3) _____ each night the employee sleeps over seven hours. The idea behind this scheme is employee performance. Human (4) _____ say employees will work better if they have slept well. They add that a workforce that is more (5) _____ will mean the company will perform better. Staff can either record their sleep automatically using a wrist monitor that connects to Aetna's computers, (6) _____ how long they have slept every night.

There are a number of studies that warn that not sleeping (7) _____ our ability to do our job. The American Academy of Sleep Medicine said that (8) _____ 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. (9) _____ 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 (10) _____ seven hours per night (11) _____ productive than workers who had eight or more hours of sleep. The staff at Aetna also receive extra cash if (12) _____.

COMPREHENSION QUESTIONS

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

1. How much extra money can workers get for sleeping more?
2. What is the idea behind this scheme?
3. Who said employees would work better after more sleep?
4. What will perform better if workers are more awake and alert?
5. What kind of monitor can workers use to record their sleep?
6. How many days of productivity does the average worker lose a year?
7. How much does a lack of sleep cost companies per worker?
8. How much does a lack of sleep among workers cost the US economy?
9. What did the Rand Corporation do in 2015?
10. What else can the insurance company workers do to get more money?

MULTIPLE CHOICE - QUIZ

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

- 1) How much extra money can workers get for sleeping more?
 - a) \$250
 - b) \$300
 - c) \$350
 - d) \$400
- 2) What is the idea behind this scheme?
 - a) sleep
 - b) happiness
 - c) savings
 - d) employee performance
- 3) Who said employees would work better after more sleep?
 - a) human resources officials
 - b) workers
 - c) the company CEO
 - d) researchers
- 4) What will perform better if workers are more awake and alert?
 - a) robots
 - b) machines
 - c) the company
 - d) the product
- 5) What kind of monitor can workers use to record their sleep?
 - a) a head monitor
 - b) a wrist monitor
 - c) an eye monitor
 - d) a snoring monitor
- 6) How many days of productivity does the average worker lose a year?
 - a) 11.3
 - b) 13.1
 - c) 33.1
 - d) 31.1
- 7) How much does a lack of sleep cost companies per worker?
 - a) \$228
 - b) \$22,280
 - c) \$2,280
 - d) \$12,280
- 8) How much does a lack of sleep among workers cost the US economy?
 - a) \$63.2 billion
 - b) \$36.2 billion
 - c) \$62.3 billion
 - d) \$23.6 billion
- 9) What did the Rand Corporation do in 2015?
 - a) produce a report
 - b) sleep
 - c) increase productivity
 - d) lose money
- 10) What else can the insurance company workers do to get more money?
 - a) attend meetings
 - b) play football
 - c) eat
 - d) exercise

ROLE PLAY

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

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.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'insurance' and 'company'.

insurance	company
------------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• added• least• idea• well• alert• manually	<ul style="list-style-type: none">• number• average• 11.3• 63.2• far• extra
--	--

SLEEP SURVEY

From <http://www.BreakingNewsEnglish.com/1607/160702-sleep.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.

SLEEP DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'sleep'?
3. What do you think about what you read?
4. What do you think of sleep?
5. Should everyone be paid to sleep longer?
6. What are you like if you do not sleep enough?
7. Why do people like sleeping?
8. What is a waste of time about sleeping?
9. Should there be more education about sleeping well?
10. Should all TV stations shut down at 11pm (like the old days)?

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SLEEP DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. Should everyone monitor their sleep?
13. What can companies do to make sure workers sleep well?
14. Should workers who fall asleep at work lose pay?
15. Why is it difficult for people to get 7 hours of sleep?
16. Are there more things nowadays to stop us sleeping?
17. What are the health benefits of sleeping?
18. Would you take a sleep pill if it could keep you awake?
19. What do you like most about sleeping?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

A company in the USA is (1) _____ its employees to sleep more. Staff at the insurance company Aetna will get \$300 a year added to their salary if they get at (2) _____ seven hours of sleep a night. That works (3) _____ to just over an extra dollar for each night the employee sleeps over seven hours. The idea (4) _____ 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 (5) _____ will mean the company will perform better. Staff can either record their sleep automatically using a (6) _____ monitor that connects to Aetna's computers, or manually record how long they have slept every night.

There are a (7) _____ 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 (8) _____ 11.3 working days of productivity a year because of not (9) _____ 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 (10) _____ in Europe by the Rand Corporation found that staff who slept less than seven hours per night were (11) _____ less productive than workers who had eight or more hours of sleep. The staff at Aetna also receive (12) _____ cash if they do exercise.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|-------------|--------------|-----------------|
| 1. | (a) paid | (b) pay | (c) pain | (d) paying |
| 2. | (a) late | (b) lost | (c) last | (d) least |
| 3. | (a) up | (b) out | (c) in | (d) on |
| 4. | (a) opposite | (b) above | (c) behind | (d) in front of |
| 5. | (a) alert | (b) late | (c) elate | (d) orate |
| 6. | (a) wrist | (b) whist | (c) writs | (d) waste |
| 7. | (a) whole | (b) total | (c) figure | (d) number |
| 8. | (a) loses | (b) loosens | (c) lassos | (d) leases |
| 9. | (a) gets | (b) getting | (c) gotten | (d) got |
| 10. | (a) office | (b) room | (c) study | (d) bureau |
| 11. | (a) for | (b) fir | (c) far | (d) fur |
| 12. | (a) extravert | (b) extra | (c) extracts | (d) extras |

SPELLING

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

Paragraph 1

1. paying its oemseyelp
2. uecnians company
3. the idea behind this shmece
4. a freckwroo that is more awake
5. a wrist tromoin
6. ynaullam record how long they have slept

Paragraph 2

7. not sleeping gonehu
8. affect our iiblyat to do our job
9. the aegerav worker
10. the US ycoenmo loses \$63.2 billion a year
11. less ieocturdpv than workers
12. ceervv extra cash

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () extra dollar for each night the employee sleeps over seven hours. The idea behind this scheme is employee
- () that staff who slept less than seven hours per night were far less productive than workers who had eight or
- () connects to Aetna's computers, or manually record how long they have slept every night.
- () performance. Human resources officials say employees will work better if they have slept
- () better. Staff can either record their sleep automatically using a wrist monitor that
- () sleep more than seven hours a night. A 2015 study in Europe by the Rand Corporation found
- () year added to their salary if they get at least seven hours of sleep a night. That works out to just over an
- () 11.3 working days of productivity a year because of not getting enough sleep. This costs companies
- () more hours of sleep. The staff at Aetna also receive extra cash if they do exercise.
- () about \$2,280 for one worker. It estimates that the US economy loses \$63.2 billion a year because workers do not
- () well. They add that a workforce that is more awake and alert will mean the company will perform
- () job. The American Academy of Sleep Medicine said that the average worker in the USA loses
- () There are a number of studies that warn that not sleeping enough can affect our ability to do our
- (**1**) A company in the USA is paying its employees to sleep more. Staff at the insurance company Aetna will get \$300 a

PUT THE WORDS IN THE RIGHT ORDER

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

1. to employees its paying is USA the in company A more sleep .
2. least seven hours of sleep a night If they get at .
3. night each for dollar extra an over just to out works That .
4. work slept better well if Employees they will have .
5. night they Manually have record slept how every long .
6. to do our job Not sleeping enough can affect our ability .
7. days working 11.3 loses USA the in worker average The .
8. for one worker This costs companies about \$2,280 .
9. sleep seven night not than a do more hours Workers .
10. productive than more or eight had who workers less Far hours .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

A company in the USA is *paying / paid* its employees to sleep more. Staff at the insurance company Aetna will get \$300 a year *add / added* to their salary if they get at *last / least* seven hours of sleep a night. That works *out / in* to just over an extra dollar for each night the employee sleeps over seven hours. The idea *behind / back* this scheme is employee performance. Human resources *official / officials* say employees will work better if they have *slept / sleep* well. They add that a workforce that is more *wake / awake* and alert will mean the company will perform better. Staff can either record their sleep *automatically / automatic* using a wrist monitor that connects to Aetna's computers, *or / nor* manually record how long they have slept every night.

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

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

_ c _ mp _ ny _ n th _ _ S _ _ s p _ y _ ng _ ts _ mpl _ y _ _ s t _
sl _ _ p m _ r _ . St _ ff _ t th _ _ ns _ r _ nc _ c _ mp _ ny _ _ tn _ w _ ll
g _ t \$300 _ y _ _ r _ dd _ d t _ th _ _ r s _ l _ ry _ f th _ y g _ t _ t
l _ _ st s _ v _ n h _ _ rs _ f sl _ _ p _ _ n _ ght. Th _ t w _ rks _ _ t t _
j _ st _ v _ r _ n _ xtr _ d _ ll _ r _ f _ r _ _ ch _ n _ ght th _ _ mpl _ y _ _
sl _ _ ps _ v _ r s _ v _ n h _ _ rs. Th _ _ d _ _ b _ h _ nd th _ s sch _ m _
_ s _ mpl _ y _ _ p _ rf _ rm _ nc _ . H _ m _ n _ r _ s _ _ rc _ s _ ff _ c _ ls
s _ y _ mpl _ y _ _ s w _ ll w _ rk _ b _ tt _ r _ f th _ y h _ v _ sl _ pt w _ ll.
Th _ y _ dd th _ t _ _ w _ rk _ f _ rc _ th _ t _ s m _ r _ _ w _ k _ _ nd
_ l _ rt w _ ll m _ _ n th _ c _ mp _ ny w _ ll p _ rf _ rm _ b _ tt _ r. St _ ff
c _ n _ _ th _ r _ r _ c _ rd th _ _ r sl _ _ p _ _ t _ m _ t _ c _ lly _ s _ ng _
wr _ st m _ n _ t _ r th _ t c _ nn _ cts t _ _ _ tn _ 's c _ mp _ t _ rs, _ r
m _ n _ _ lly r _ c _ rd h _ w _ l _ ng th _ y h _ v _ sl _ pt _ v _ ry n _ ght.
Th _ r _ _ r _ _ n _ mb _ r _ _ f st _ d _ _ s th _ t w _ rn th _ t n _ t
sl _ _ p _ ng _ n _ _ gh c _ n _ ff _ ct _ _ r _ b _ l _ ty t _ d _ _ _ r j _ b.
Th _ _ m _ r _ c _ n _ c _ d _ my _ f Sl _ _ p M _ d _ c _ n _ s _ _ d th _ t
th _ _ v _ r _ g _ w _ rk _ r _ n th _ _ S _ l _ s _ s 11.3 w _ rk _ ng
d _ ys _ f pr _ d _ ct _ v _ ty _ _ y _ _ r _ b _ c _ _ s _ _ f n _ t g _ tt _ ng
_ n _ _ gh sl _ _ p. Th _ s c _ sts c _ mp _ n _ _ s _ b _ _ t \$2,280 f _ r
_ n _ w _ rk _ r. _ t _ st _ m _ t _ s th _ t th _ _ S _ c _ n _ my l _ s _ s
\$63.2 b _ ll _ _ n _ _ y _ _ r _ b _ c _ _ s _ w _ rk _ rs d _ _ n _ t sl _ _ p
m _ r _ th _ n s _ v _ n h _ _ rs _ _ n _ ght. _ 2015 st _ dy _ n
_ _ r _ p _ by th _ R _ nd C _ rp _ r _ t _ n f _ nd th _ t st _ ff wh _
sl _ pt l _ ss th _ n s _ v _ n h _ _ rs p _ r _ n _ ght w _ r _ f _ r l _ ss
pr _ d _ ct _ v _ th _ n w _ rk _ rs wh _ h _ d _ _ ght _ r m _ r _ h _ _ rs
_ f sl _ _ p. Th _ st _ ff _ t _ _ tn _ _ ls _ r _ c _ _ v _ _ xtr _ c _ sh _ f
th _ y d _ _ x _ rc _ s _ .

PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 113 working days of productivity a year because of not getting enough sleep this costs companies about \$2280 for one worker it estimates that the us economy loses \$632 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

PUT A SLASH (/) WHERE THE SPACES ARE

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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 employees sleep 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 worker who 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 a 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.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about sleep and working. Share what you discover with your partner(s) in the next lesson.

3. SLEEP: Make a poster about sleep. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SLEEP SALARY: Write a magazine article about getting paid to sleep. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on sleep. Ask him/her three questions about it. Give him/her three of your ideas on how we can sleep better. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c F d F e F f T g T h T

SYNONYM MATCH (p.4)

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

COMPREHENSION QUESTIONS (p.8)

1. \$300
2. Employee performance
3. Human resources officials
4. The company
5. Wrist monitors
6. 11.3
7. \$2,280 per worker
8. \$63.2 billion
9. Produce a study
10. Exercise

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. a 4. c 5. b 6. a 7. c 8. a 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)