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Level 4 – 25th September 2023

Company makes booth for vertical napping

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<https://breakingnewsenglish.com/2309/230925-vertical-sleeping-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-4.html>

If you want to sleep while standing, the Koyoju company in Japan has something for you - the "Giraffenap" booth. This ingenious pod lets people nap in a vertical position. Office workers can now catch forty winks without a bed. The designers say a 20-minute nap improves performance, memory, concentration and productivity by reducing fatigue. The pods come in two designs and will go on sale in December. They are expected to cost around \$20,000.

The designers say people work non-stop without a chance to recover from stress. This makes us sleepy during the day. They said: "It's time to break the stereotype that nodding off on the job is a sign of boredom or laziness." Napping reduces drowsiness and improves ingenuity and creativeness. A nap of just 15 to 20 minutes is best and should end before 3 p.m. In addition, you should not lie down as this leads to deep sleep.

Sources: <https://g-nap.com>
<https://japantoday.com/category/features/lifestyle/standing-sleeping-pods-coming-to-tokyo-cafe-promise-to-relieve-fatigue-and-stress>
<https://www.asahi.com/ajw/articles/14998728>
<https://news.yahoo.com/cafe-tokyo-install-vertical-pods-214036829.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-4.html>

PARAGRAPH ONE:

- | | |
|---------------------------------------|---------------------------|
| 1. If you want to sleep | a. in two designs |
| 2. This ingenious pod lets people nap | b. and productivity |
| 3. workers can now catch | c. while standing |
| 4. a 20-minute nap improves | d. cost around \$20,000 |
| 5. memory, concentration | e. fatigue |
| 6. reducing | f. in a vertical position |
| 7. The pods come | g. performance |
| 8. They are expected to | h. forty winks |

PARAGRAPH TWO:

- | | |
|----------------------------|----------------------|
| 1. work non-stop without a | a. down |
| 2. It's time to break | b. drowsiness |
| 3. nodding off on | c. the stereotype |
| 4. a sign of boredom | d. deep sleep |
| 5. Napping reduces | e. the job |
| 6. improves ingenuity | f. chance to recover |
| 7. you should not lie | g. and creativeness |
| 8. this leads to | h. or laziness |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-4.html>

If you want to (1) _____, the Koyoju company in Japan has something for you - the "Giraffenap" booth. This (2) _____ people nap in a vertical position. Office workers can now (3) _____ without a bed. The designers say a 20-minute (4) _____, memory, concentration and productivity by reducing fatigue. The pods come (5) _____ and will go on sale in December. They (6) _____ cost around \$20,000.

The designers say people work non-stop without a (7) _____ from stress. This makes us sleepy during the day. They said: "It's time to (8) _____ that nodding off on the job is a (9) _____ or laziness." Napping reduces drowsiness (10) _____ and creativeness. A nap of just 15 to 20 minutes is best and (11) _____ 3 p.m. In addition, you should not lie down as this (12) _____ sleep.

PUT A SLASH (/) WHERE THE SPACES ARE

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NAPPING SURVEY

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-4.html>

Write five GOOD questions about napping 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) _____

