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Level 6 – 25th September 2023

Company makes booth for vertical napping

FREE online quizzes, mp3 listening and more for this lesson here:

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

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

If you ever feel the need to sleep while standing, a company in Japan has catered to your needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido has unveiled the "Giraffenap" booth. This ingenious cubicle allows the user to sleep in a vertical position. It will allow office workers and commuters to catch forty winks without the need for a bed. The designers say a 20-minute nap improves mental performance and increases productivity by reducing fatigue. It also boosts concentration and aids memory retention. The Giraffenap pods come in two designs – the futuristic-looking 'Spacia' and the lattice wood 'Forest'. They will go on sale in December at an expected price of around \$20,000.

The Giraffenap website says there is a need to refresh while at work. It says: "It's so common these days to work non-stop without an opportunity to properly recover from physical fatigue or stress, often resulting in unwanted sleepiness during the day. Now it's time to break the stereotype that nodding off on the job is a sign of boredom or laziness." The site added that naps allow for "more efficient and fulfilling work". The website stated that napping reduces drowsiness, and improves ingenuity and creativeness. The designers offered some advice for an effective snooze. The optimal time is 15 to 20 minutes, and all naps should take place 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>

WARM-UPS

1. NAPPING: Students walk around the class and talk to other students about napping. 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?

sleep / standing / needs / booth / a vertical position / designer / mental performance / refresh / common / opportunity / fatigue / stress / stereotype / laziness / ingenuity

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

3. NAP: Students A **strongly** believe schools should educate children about the importance of napping; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. SLEEP: How can these things affect sleep? What can we do to improve them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Things	Improvements
Position		
Studying		
Food		
Work		
Stress		
Exercise		

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

6. HELP WITH SLEEP: Rank these with your partner. Put the best things to help with sleep at the top. Change partners often and share your rankings.

- Reading
- Darkness
- Good pillow
- Exercise
- Counting sheep
- Music
- Hard work
- Milk

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------------|---|
| 1. cater to | a. A person who travels some distance to work on a regular basis. |
| 2. unveiled | b. Provide someone with what is needed or required. |
| 3. ingenious | c. Clever, original, and inventive. |
| 4. commuter | d. Extreme tiredness resulting from mental or physical exertion or illness. |
| 5. catch forty winks | e. The fact of keeping something in one's memory. |
| 6. fatigue | f. Showed or announced publicly for the first time. |
| 7. retention | g. Take a nap. |

Paragraph 2

- | | |
|----------------|--|
| 8. stereotype | h. A feeling of being sleepy and lethargic; sleepiness. |
| 9. efficient | i. Best or most favourable. |
| 10. fulfilling | j. A short, light sleep, especially during the day. |
| 11. drowsiness | k. Making someone satisfied or happy through allowing their character or abilities to develop fully. |
| 12. ingenuity | l. The quality of being clever, original, and inventive. |
| 13. snooze | m. A widely held but fixed and oversimplified image or idea of a particular type of person or thing. |
| 14. optimal | n. Of a person - working in a well-organized and competent way. |

BEFORE READING / LISTENING

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

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

1. The article says most people feel the need to sleep while standing. **T / F**
2. The new sleeping cubicle is named after an animal. **T / F**
3. The designers say a 40-minute nap is perfect for reducing fatigue. **T / F**
4. One of the cubicles is a futuristic looking and is called 'Forest'. **T / F**
5. The company says many people work non-stop these days. **T / F**
6. The company said there was a stereotype that napping people are lazy. **T / F**
7. The designers said it's better not to nap after 3 p.m. **T / F**
8. The designers said it's best to lie down while napping. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|--------------------------|------------------|
| 1. catered to | a. cliché |
| 2. unveiled | b. take a nap |
| 3. ingenious | c. monotony |
| 4. catch 40 winks | d. made public |
| 5. fatigue | e. typical |
| 6. common | f. labour-saving |
| 7. stereotype | g. provided for |
| 8. boredom | h. best |
| 9. efficient | i. creative |
| 10. optimal | j. weariness |

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

- | | |
|--|-----------------------------------|
| 1. a company in Japan has catered | a. advice for an effective snooze |
| 2. catch forty | b. fatigue |
| 3. reducing | c. leads to deep sleep |
| 4. It also boosts concentration and aids | d. winks |
| 5. They will go on | e. fulfilling work |
| 6. properly recover from | f. the stereotype |
| 7. Now it's time to break | g. memory retention |
| 8. efficient and | h. to your needs |
| 9. The designers offered some | i. physical fatigue |
| 10. you should not lie down as this | j. sale in December |

GAP FILL

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

If you ever feel the need to sleep while standing, a company in Japan has (1) _____ to your needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido has (2) _____ the "Giraffenap" booth. This (3) _____ cubicle allows the user to sleep in a vertical position. It will allow office workers and commuters to catch forty (4) _____ without the need for a bed. The designers say a 20-minute nap improves mental performance and increases productivity by reducing (5) _____. It also boosts concentration and aids (6) _____ retention. The Giraffenap pods come in two designs – the (7) _____ -looking 'Spacia' and the lattice wood 'Forest'. They will go on sale in December at an (8) _____ price of around \$20,000.

ingenious
fatigue
expected
catered
futuristic
winks
unveiled
memory

The Giraffenap website says there is a need to (9) _____ while at work. It says: "It's so common these days to work non-stop without an (10) _____ to properly recover from physical fatigue or stress, often resulting in unwanted (11) _____ during the day. Now it's time to break the (12) _____ that nodding off on the job is a sign of boredom or laziness." The site added that naps allow for "more (13) _____ and fulfilling work". The website stated that napping reduces drowsiness, and improves (14) _____ and creativeness. The designers offered some advice for an effective snooze. The (15) _____ time is 15 to 20 minutes, and all naps should take place before 3 p.m. In addition, you should not lie down as this leads to (16) _____ sleep.

efficient
opportunity
stereotype
optimal
refresh
deep
sleepiness
ingenuity

LISTENING – Guess the answers. Listen to check.

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

- 1) If you ever feel the need to sleep while standing, a company in Japan has catered _____
 - a. to your need
 - b. to your needs
 - c. to your needy
 - d. to your kneads
- 2) It will allow office workers and commuters to _____
 - a. catch forty dinks
 - b. catch forty blinks
 - c. catch forty thinks
 - d. catch forty winks
- 3) a 20-minute nap improves mental performance and increases productivity _____
 - a. by reducing fatigue
 - b. by reducing fatigues
 - c. by reducing fatigued
 - d. by reducing far teak
- 4) It also boosts concentration and _____
 - a. aids memory intention
 - b. aids memory abstention
 - c. aids memory retention
 - d. aids memory contention
- 5) They will go on sale in December at _____
 - a. an expected price
 - b. unexpected price
 - c. an expect it price
 - d. an ex-specked price
- 6) Now it's time to _____
 - a. break the stereos type
 - b. break the stereo tape
 - c. break the stereo tip
 - d. break the stereotype
- 7) The site added that naps allow for more efficient _____
 - a. and full, filling work
 - b. and full, fill-in work
 - c. and full, filling-in work
 - d. and fulfilling work
- 8) The website stated that napping reduces drowsiness, and improves _____
 - a. ingenuity and creatively
 - b. ingenuity and creationless
 - c. ingenuous and creativeness
 - d. ingenuity and creativeness
- 9) The designers offered some advice for _____
 - a. ineffective snooze
 - b. in effective snooze
 - c. an effective snooze
 - d. an effect tiff snooze
- 10) In addition, you should not lie down as this leads _____
 - a. too deep sleep
 - b. to deep sleep
 - c. to deeps sleep
 - d. two deep sleeps

LISTENING – Listen and fill in the gaps

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

If you ever feel the need to (1) _____, a company in Japan has catered to your needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido (2) _____ "Giraffenap" booth. This ingenious cubicle allows the user to sleep in a vertical position. It will allow office workers and commuters to (3) _____ without the need for a bed. The designers say a 20-minute nap improves mental performance and increases productivity (4) _____. It also boosts concentration and (5) _____. The Giraffenap pods come in two designs – the futuristic-looking 'Spacia' and the lattice wood 'Forest'. They will go on sale in December at (6) _____ of around \$20,000.

The Giraffenap website says there is a need (7) _____ at work. It says: "It's so common these days to work non-stop without an opportunity to properly recover from (8) _____ stress, often resulting in unwanted sleepiness during the day. Now it's time to break the stereotype that (9) _____ the job is a sign of boredom or laziness." The site added that naps allow for "more (10) _____ work". The website stated that napping reduces drowsiness, and improves ingenuity and creativeness. The designers offered some advice for an effective snooze. The (11) _____ 15 to 20 minutes, and all naps should take place before 3 p.m. In addition, you should not lie down as this (12) _____ sleep.

COMPREHENSION QUESTIONS

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

1. Who has catered to people's needs?
2. How many winks can people catch using the napping pod?
3. What do the designers say a 20-minute nap reduces?
4. What's the name of the lattice wood capsule?
5. How much will the napping capsules probably cost?
6. What's it common to do at work nowadays?
7. What did the Giraffenap company say it was time to break?
8. What time should people not take a nap after?
9. What's the best length of time for a good snooze?
10. What does lying down lead to?

MULTIPLE CHOICE - QUIZ

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

- 1) Who has catered to people's needs?
 - a) a sleep expert
 - b) the Giraffenap company
 - c) a catering company
 - d) a zoo
- 2) How many winks can people catch using the napping pod?
 - a) 30
 - b) 24
 - c) 14
 - d) 40
- 3) What do the designers say a 20-minute nap reduces?
 - a) sleep
 - b) mistakes
 - c) fatigue
 - d) headaches
- 4) What's the name of the lattice wood capsule?
 - a) Forest
 - b) Amazon
 - c) Jungle
 - d) Treetops
- 5) How much will the napping capsules probably cost?
 - a) around \$10,000
 - b) around \$20,000
 - c) around \$15,000
 - d) around \$25,000
- 6) What's it common to do at work nowadays?
 - a) work non-stop
 - b) sleep
 - c) yawn
 - d) burn out
- 7) What did the Giraffenap company say it was time to break?
 - a) beds
 - b) old habits
 - c) a stereotype
 - d) time
- 8) What time should people not take a nap after?
 - a) 3 p.m.
 - b) 2 p.m.
 - c) 4 p.m.
 - d) 1 p.m.
- 9) What's the best length of time for a good snooze?
 - a) 20 to 25 minutes
 - b) 10 to 15 minutes
 - c) 25 to 30 minutes
 - d) 15 to 20 minutes
- 10) What does lying down lead to?
 - a) bad dreams
 - b) headaches
 - c) deep sleep
 - d) no work

ROLE PLAY

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

Role A – Reading

You think reading is the best thing to get to sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): darkness, a good pillow or music.

Role B – Darkness

You think darkness is the best thing to get to sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): reading, a good pillow or music.

Role C – Good Pillow

You think a good pillow is the best thing to get to sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): darkness, reading or music.

Role D – Music

You think music is the best thing to get to sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): darkness, a good pillow or reading.

AFTER READING / LISTENING

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

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

vertical	nap
-----------------	------------

- 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">• need• booth• allow• fatigue• boosts• sale	<ul style="list-style-type: none">• common• break• sign• reduces• optimal• lie
--	---

NAPPING SURVEY

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

NAPPING DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'vertical'?
3. What is the best position in which to sleep?
4. What do you think of sleeping vertically?
5. Would you like a Giraffenap booth?
6. What problems do you have sleeping?
7. How important is it to take a nap?
8. How often do you catch forty winks?
9. What do you do to boost your concentration?
10. What do you do to aid your memory retention?

Company makes booth for vertical napping – 25th September 2023
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NAPPING DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'nap'?
13. What do you think about what you read?
14. What do you do to refresh yourself?
15. What do you do that makes you feel fatigued?
16. Where and when do you nod off?
17. How fulfilling is the work you do?
18. What can we do to reduce drowsiness?
19. What's the best amount of time to sleep each day?
20. What questions would you like to ask the designers?

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

If you ever feel the (1) _____ to sleep while standing, a company in Japan has (2) _____ to your needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido has unveiled the "Giraffenap" booth. This (3) _____ cubicle allows the user to sleep in a vertical position. It will allow office workers and commuters to catch forty (4) _____ without the need for a bed. The designers say a 20-minute nap improves mental performance and increases productivity by reducing fatigue. It also boosts concentration and aids memory (5) _____. The Giraffenap pods come in two designs – the futuristic-looking 'Spacia' and the lattice wood 'Forest'. They will go on sale in December at an (6) _____ price of around \$20,000.

The Giraffenap website says there is a need to refresh while at work. It says: "It's so (7) _____ these days to work non-stop without an opportunity to properly recover from physical fatigue or stress, often resulting (8) _____ unwanted sleepiness during the day. Now it's time to break the stereotype that nodding (9) _____ on the job is a sign of boredom or laziness." The site added that naps allow for "more efficient and (10) _____ work". The website stated that napping reduces drowsiness, and improves ingenuity and creativeness. The designers offered some advice for an effective (11) _____. The optimal time is 15 to 20 minutes, and all naps should take place before 3 p.m. In addition, you should not lie down as this leads to (12) _____ sleep.

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

- | | | | | |
|-----|---------------|----------------|-----------------|----------------|
| 1. | (a) need | (b) necessary | (c) necessitate | (d) needy |
| 2. | (a) cratered | (b) created | (c) catered | (d) creative |
| 3. | (a) ingenuous | (b) genial | (c) ingenious | (d) genie |
| 4. | (a) flicks | (b) blinks | (c) dinks | (d) winks |
| 5. | (a) retention | (b) attraction | (c) detention | (d) intention |
| 6. | (a) expect | (b) expected | (c) expects | (d) expecting |
| 7. | (a) commoner | (b) commonly | (c) commons | (d) common |
| 8. | (a) at | (b) in | (c) of | (d) by |
| 9. | (a) up | (b) by | (c) off | (d) at |
| 10. | (a) filing | (b) filling | (c) refuelling | (d) fulfilling |
| 11. | (a) fizzle | (b) muzzle | (c) nozzle | (d) snooze |
| 12. | (a) long | (b) deep | (c) broad | (d) wide |

SPELLING

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

Paragraph 1

1. ctdraee to your needs
2. lvuiende the "Giraffenap" booth
3. This enoiingsu cubicle
4. office workers and trmsmeuoc
5. aids memory enettirno
6. ealittc wood

Paragraph 2

7. physical ftiuaeg
8. break the erypeatets
9. a sign of boredom or snliaesz
10. more niceiftef and fulfilling work
11. napping reduces ndsoriswse
12. improves utiegynni and creativeness

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () common these days to work non-stop without an opportunity to properly recover from physical fatigue
- () concentration and aids memory retention. The Giraffenap pods come in two designs – the futuristic-
- () on the job is a sign of boredom or laziness." The site added that naps allow
- () needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido has unveiled
- () and creativeness. The designers offered some advice for an effective snooze. The optimal time is 15 to 20 minutes,
- () and all naps should take place before 3 p.m. In addition, you should not lie down as this leads to deep sleep.
- () and commuters to catch forty winks without the need for a bed. The designers say a 20-minute nap
- () The Giraffenap website says there is a need to refresh while at work. It says: "It's so
- () or stress, often resulting in unwanted sleepiness during the day. Now it's time to break the stereotype that nodding off
- () for "more efficient and fulfilling work". The website stated that napping reduces drowsiness, and improves ingenuity
- (**1**) If you ever feel the need to sleep while standing, a company in Japan has catered to your
- () improves mental performance and increases productivity by reducing fatigue. It also boosts
- () looking 'Spacia' and the lattice wood 'Forest'. They will go on sale in December at an expected price of around \$20,000.
- () the "Giraffenap" booth. This ingenious cubicle allows the user to sleep in a vertical position. It will allow office workers

PUT THE WORDS IN THE RIGHT ORDER

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

1. the to sleep Feel while need standing .
2. has Japanese catered company to needs . your A
3. cubicle ingenious This user to allows sleep . the
4. catch forty will It commuters winks . to allow
5. nap mental 20-minute performance . a say improves Designers
6. refresh a need at while work . to There's
7. Work to an opportunity without properly recover . non-stop
8. Now the break it's to stereotype . time
9. napping website stated drowsiness . The that reduces
10. some an offered effective snooze . advice for Designers

CIRCLE THE CORRECT WORD (20 PAIRS)

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

If you ever feel the need to sleep while standing, a company in Japan has *sated / catered* to your needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido has *unveiled / unravelled* the "Giraffenap" booth. This ingenious *cuticle / cubicle* allows the user to sleep *in / on* a vertical position. It will allow office workers and commuters to *handle / catch* forty winks without the need *on / for* a bed. The designers say a 20-minute nap improves *mental / mentally* performance and increases productivity by reducing fatigue. It also *boasts / boosts* concentration and aids memory retention. The Giraffenap pods *enter / come* in two designs – the futuristic-looking 'Spacia' and the lattice wood 'Forest'. They will go *on / in* sale in December at an expected price of around \$20,000.

The Giraffenap website says there is a *need / needy* to refresh while at work. It says: "It's so *commonly / common* these days to work non-stop without an opportunity to *proper / properly* recover from physical fatigue or stress, often *resulting / consequences* in unwanted sleepiness during the day. Now it's time to break the stereotype that nodding *on / off* on the job is a sign of boredom or laziness." The site added that naps allow *to / for* "more efficient and fulfilling work". The website stated that napping reduces *drowsy / drowsiness*, and improves ingenuity and creativeness. The designers offered some *advice / advise* for an effective snooze. The *optimal / subliminal* time is 15 to 20 minutes, and all naps should take place before 3 p.m. In addition, you should not lie down as this leads to *bottomless / deep* sleep.

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

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

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

_f y__ _v_r f__l th_ n__d t_ sl__p wh_l_ st_nd_ng, _
c_mp_ny _n J_p_n h_s c_t_r_d t_ y__r n__ds. Th_
K_y_j_ Plyw__d C_rp_r_t__n _n J_p_n's n_rth_rnm_st
_sl_nd _f H_kk__d_ h_s _nv__l_d th_ "G_r_ff_n_p"
b__th. Th_s _ng_n__s c_b_cl_ _ll_ws th_ _s_r t_
sl__p _n _ v_rtc_l p_s_t__n. _t w_ll _ll_w _ff_c_
w_rk_rs _nd c_mm_t_rs t_ c_tch f_rty w_nks w_th__t
th_ n__d f_r _ b_d. Th_ d_s_gn_rs s_y _ 20-m_n_t_
n_p _mpr_v_s m_nt_l p_rfm_nc_ _nd _ncr__s_s
pr_d_ct_v_ty by r_d_c_ng f_t_g__ . _t _ls_ b__sts
c_nc_ntr_t__n _nd __ds m_m_ry r_tnt__n. Th_
G_r_ff_n_p p_ds c_m_ _n tw_ d_s_gns - th_
f_t_r_st_c-l__k_ng 'Sp_c__' _nd th_ l_tt_c_ w__d
'F_r_st'. Th_y w_ll g_ _n s_l_ _n D_c_mb_r _t _n
_xp_ct_d pr_c_ _f _r__nd \$20,000.

Th_ G_r_ff_n_p w_bs_t_ s_ys th_r_ _s _ n__d t_
r_fr_sh wh_l_ _t w_rk. _t s_ys: "_t's s_ c_mm_n th_s_
d_ys t_ w_rk n_n-st_p w_th__t _n _pp_rtn_ty t_
pr_p_rly r_c_v_r fr_m phys_c_l f_t_g__ _r str_ss, _ft_n
r_s_ltng _n _nw_nt_d sl__p_n_ss d_rng th_ d_y. N_w
_t's t_m_ t_ br__k th_ st_r__typ_ th_t n_ddng _ff_n
th_ j_b _s _ s_gn _f b_r_d_m _r l_z_n_ss." Th_ s_t_
_dd_d th_t n_ps _ll_w f_r "m_r_ _ff_c__nt _nd
f_lf_llng w_rk". Th_ w_bs_t_ st_t_d th_t n_ppng
r_d_c_s dr_ws_n_ss, _nd _mpr_v_s _ng_n__ty _nd
cr__t_v_n_ss. Th_ d_s_gn_rs _ff_r_d s_m_ _dv_c_ f_r
_n _ff_ct_v_ sn__z_. Th_ _pt_m_l t_m_ _s 15 t_ 20
m_n_t_s, _nd _ll n_ps sh__ld t_k_ pl_c_ b_f_r_ 3 pm.
_n _dd_t__n, y__ sh__ld n_t l__ d_wn _s th_s l__ds
t_ d__p sl__p.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

if you ever feel the need to sleep while standing a company in japan has catered to your needs the koyoju plywood corporation on japans northernmost island of hokkaido has unveiled the giraffenap booth this ingenious cubicle allows the user to sleep in a vertical position it will allow office workers and commuters to catch forty winks without the need for a bed the designers say a 20minute nap improves mental performance and increases productivity by reducing fatigue it also boosts concentration and aids memory retention the giraffenap pods come in two designs the futuristiclooking spacia and the lattice wood forest they will go on sale in december at an expected price of around 20000

the giraffenap website says there is a need to refresh while at work it says its so common these days to work nonstop without an opportunity to properly recover from physical fatigue or stress often resulting in unwanted sleepiness during the day now its time to break the stereotype that nodding off on the job is a sign of boredom or laziness the site added that naps allow for more efficient and fulfilling work the website stated that napping reduces drowsiness and improves ingenuity and creativeness the designers offered some advice for an effective snooze the optimal time is 15 to 20 minutes and all naps should take place before 3 p.m in addition you should not lie down as this leads to deep sleep

PUT A SLASH (/) WHERE THE SPACES ARE

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

If you ever feel the need to sleep while standing, a company in Japan has catered to your needs. The Koyoju Plywood Corporation on Japan's northernmost island of Hokkaido has unveiled the "Giraffenap" booth. This ingenious cubicle allows the user to sleep in a vertical position. It will allow office workers and commuters to catch forty winks without the need for a bed. The designers say a 20-minute nap improves mental performance and increases productivity by reducing fatigue. It also boosts concentration and aids memory retention. The Giraffenap pods come in two designs – the futuristic-looking 'Spacia' and the lattice wood 'Forest'. They will go on sale in December at an expected price of around \$20,000. The Giraffenap website says there is a need to refresh while at work. It says: "It's so common these days to work non-stop without an opportunity to properly recover from physical fatigue or stress, often resulting in unwanted sleepiness during the day. Now it's time to break the stereotype that nodding off on the job is a sign of boredom or laziness." The site added that naps allow for "more efficient and fulfilling work". The website stated that napping reduces drowsiness, and improves ingenuity and creativeness. The designers offered some advice for an effective snooze. The optimal time is 15 to 20 minutes, and all naps should take place before 3 p.m. In addition, you should not lie down as this leads to deep sleep.

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 this news story. Share what you discover with your partner(s) in the next lesson.

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

4. COMPULSORY NAPS: Write a magazine article about making afternoon naps compulsory. Include imaginary interviews with people who are for and against this.

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 napping. Ask him/her three questions about it. Give him/her three of your ideas on how best to nap. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. f 3. c 4. a 5. g 6. d 7. e
8. m 9. n 10. k 11. h 12. l 13. j 14. i

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 F 5 T 6 T 7 T 8 F

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. The Giraffenap company
2. 40
3. Fatigue
4. Forest
5. Around \$20,000
6. Work non-stop
7. A stereotype
8. 3 p.m.
9. 15 to 20 minutes
10. Deep sleep

WORDS IN THE RIGHT ORDER (p.19)

1. Feel the need to sleep while standing.
2. A Japanese company has catered to your needs.
3. This ingenious cubicle allows the user to sleep.
4. It will allow commuters to catch forty winks.
5. Designers say a 20-minute nap improves mental performance.
6. There's a need to refresh while at work.
7. Work non-stop without an opportunity to properly recover.
8. Now it's time to break the stereotype.
9. The website stated that napping reduces drowsiness.
10. Designers offered some advice for an effective snooze.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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