



**G** *used to, be used to, get used to*

**V** sleep


**P** linking words

## Counting sheep

### 1 GRAMMAR *used to, be used to, get used to*

- a Take turns to interview each other with the questionnaire, *Are you sleep deprived?* Ask for and give as much information as you can. Circle the answer that best describes your partner.
- b  **Communication** *Sleep p.118.* Read the results of the questionnaire. Are you sleep deprived?
- c Match the sentence beginnings 1–4 with endings A–D.
- 1 *I usually* sleep 6 hours a night
- 2 *I used to* sleep 7 hours a night,
- 3 *I'm not used to* only sleeping 4 or 5 hours a night,
- 4 *I'm getting used to* only sleeping 4 or 5 hours a night,
- A but now I sleep less.  
B so it's new and strange for me.  
C so it's becoming less of a problem.  
D or more if I can.
- d  **p.140 Grammar Bank 5B.** Read the rules and do the exercises.

### 2 PRONUNCIATION linking words

- a  **Dictation.** Listen and write down six sentences. Try to separate the words in your head before you write.
- b Practise saying the sentences quickly, trying to link the words.
- c Ask and answer the questions with a partner.

When you were a child did you use to be frightened of the dark?

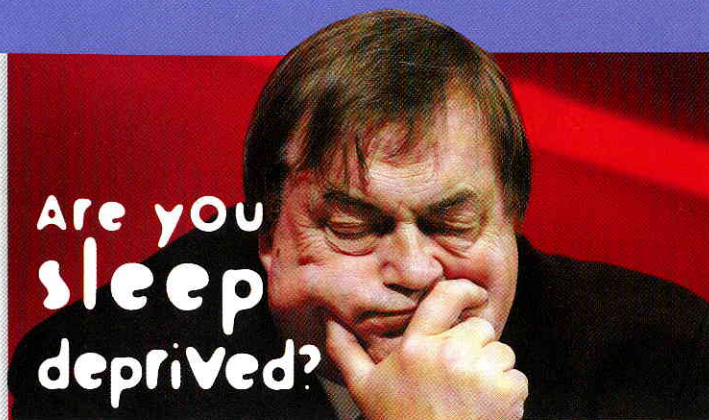
Did you use to share a room with a brother or sister?

Do you find it difficult to sleep when you're in a bed that you're not used to, for example, in a hotel?

Do you think you could get used to working at night and sleeping during the day?

What do you usually do as soon as you wake up in the morning?

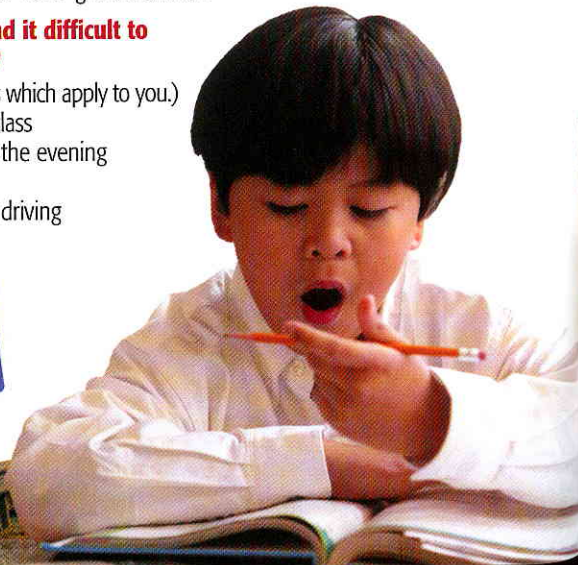
What's the last thing you usually do before going to bed?



### Answer these questions and find out.

- 1 **How long does it usually take you to fall asleep at night?**  
a less than 5 minutes    b more than 5 minutes
- 2 **How many hours do you usually sleep?**  
a fewer than 7    b 7–8    c more than 8
- 3 **Did you use to sleep...?**  
a more than now    b the same amount    c less than now
- 4 **How do you feel about the amount you sleep?**  
a I'm quite happy with it.  
b I probably don't sleep enough, but I'm used to it. It's not a problem.  
c I definitely need to sleep more. I usually feel tired.
- 5 **If you don't sleep enough at night during the week, what do you do?**  
a I take short naps during the day.  
b I sleep late at the weekend.  
c I don't do anything. You get used to not sleeping enough.  
d I just get more and more tired.
- 6 **How do you usually feel during the morning?**  
a Wide awake and energetic.  
b Awake and able to concentrate, but not at my best.  
c Half asleep and unable to concentrate well.
- 7 **How often do you have a nap on a weekday?**  
a Never. I don't need one.  
b Always. It's the only way I can get through the day.  
c When I need one. I always wake up refreshed.  
d I'd love to, but I never get the chance.
- 8 **Do you ever find it difficult to keep awake...?**  
(Circle all the ones which apply to you.)  
a at work or in class  
b on the sofa in the evening  
c in the cinema  
d when you are driving

Tiredness can kill  
Take a break 





### 3 READING & SPEAKING

a Read the first paragraph of the article. What exactly is the test and what does it show? What does the last sentence mean?

b Work in pairs. A read *So much to do, so little time* and *Going against nature*. B read *Sleepy people* and *SLEEP TIPS*. Then tick (✓) the questions which are answered in your paragraphs.

- 1 How did the invention of the electric light change our sleep habits?
- 2 Why is it probably better to have an operation during the day than at night?
- 3 Are naps really useful?
- 4 How much does the average person sleep? Does it vary according to profession?
- 5 Why should politicians sleep more?
- 6 What is our 'sleep debt'?
- 7 What is the world's most popular drug?
- 8 What's the difference between driving when you are drunk and when you are very tired?
- 9 Do people sleep more or less than they used to? Why?
- 10 What should your bedroom *not* be if you want to sleep well?
- 11 How did lack of sleep cause the Chernobyl nuclear disaster?
- 12 How much sleep does the average person need?

c Read your two paragraphs again so you can answer the questions in b.

d In pairs, explain your answers giving as much information as you can.

e Now read the parts of the article that you didn't read, to see if your partner left anything out.

f In pairs, or small groups, discuss these questions.

- 1 Do you agree with Paul Martin that we live in a sleep deprived society?
- 2 Do you think it's wrong that doctors who are on 'night call' sleep so little?
- 3 Do you think it should be illegal to drive when you are too tired?
- 4 What do you think are the best three SLEEP TIPS?

### Sleepy people – the dangers of sleep deprivation

Do this test tonight when you go to bed. Put a plate on the floor next to your bed. Lie down with one hand hanging over the bed holding a spoon above the plate. When you fall asleep, the spoon will fall on the plate and should wake you up. If you don't wake up until the next day, it probably means you are 'sleep deprived'.

We live in a world of tired, sleep deprived people. This is the theory of behavioural biologist, Paul Martin. In his book *Counting Sheep*, he describes a society which is just too busy to sleep and which does not give sleeping the importance it deserves. We all know the importance of having a healthy diet and doing exercise, but we don't worry enough about sleeping the hours we need. Paul Martin says: 'We might live longer and happier lives if we took our beds as seriously as our running shoes.'

### So much to do, so little time

Modern society has invented reasons not to sleep. We are now a 24 / 7 society where shops and services must be available all hours. We spend longer at work than we used to, and more time getting to work. Mobile phones and email allow us to stay in touch round the clock and late-night TV and the Internet tempt us away from our beds. When we need more time for work or pleasure, the easy solution is to sleep less. The average adult sleeps only 6.2 hours a night during the week, whereas research shows that most people need eight or even eight and a half hours' sleep to feel at their best. Nowadays many people have got used to sleeping less than they need and they live in an almost permanent state of 'sleep debt', owing their bodies perhaps 25–30 hours of sleep.

#### Hours slept a night

Lawyers	7.8
Architects	7.5
Social workers	6.9
Teachers	6
Politicians	5.2
Hospital doctors (on call)	4.5

UK Sleep Council survey

### Going against nature

Until the invention of electric light in 1879 our daily cycle of sleep used to depend on the hours of daylight. People would get up with the sun and go to bed at nightfall. But nowadays our hours of sleep are mainly determined by our working hours (or our social life) and most people are woken up artificially by an alarm clock. During the day caffeine, the world's most popular drug, helps to keep us awake. 75% of the world's population habitually consume caffeine which, up to a point, masks the symptoms of sleep deprivation.

### Sleepy people

What does a chronic lack of sleep do to us? As well as making us irritable and unhappy as people it also reduces our motivation and ability to work. This has serious implications for society in general. Doctors, for example, are often chronically sleep deprived especially when they are on 'night call' and may get less than three hours' sleep. Lack of sleep can seriously impair their mood, judgement, and ability to take decisions. Our politicians are often 'jet-lagged' after crossing time zones. World summit meetings called to deal with a crisis often result in decisions being taken after marathon sessions when everyone is severely sleep deprived. Human error caused by tiredness contributed to the worst nuclear accident in history at Chernobyl in 1986. Tired engineers, in the early hours of the morning, made a series of mistakes with catastrophic results. On our roads and motorways lack of sleep kills thousands of people every year. Tests show that a tired driver can be just as dangerous as a drunk driver. However, driving when drunk is against the law but driving when exhausted isn't. As Paul Martin says, it is very ironic that we admire people who function on very little sleep instead of criticizing them for being irresponsible. Our world would be a much safer, happier place if everyone, whatever their job, slept eight hours a night.

### SLEEP TIPS

- 1 Give sleep a high priority in your life.
- 2 Listen to your body. If you feel tired, you probably need more sleep.
- 3 Pay off your 'sleep debt' by going to bed half an hour earlier for a few weeks.
- 4 Have a regular routine – try to go to bed at roughly the same time every day.
- 5 Take a nap during the day (ideally after lunch). Research has shown that short naps are very effective in restoring our energy levels and mood.
- 6 Make sure your bedroom isn't too hot.
- 7 Don't use your bedroom as an office or for watching TV.





## 4 VOCABULARY sleep

alarm blankets dreams duvet fall keep you awake insomnia jet-lagged log nap nightmares  
oversleep pillow set sheets siesta sleeping tablets sleepy snore yawn

a Vocabulary race. In pairs, write the correct word in the column on the right.

- |   |                           |
|---|---------------------------|
| 1 Most people start feeling _____ around 11.00 at night.                    | _____ <i>sleepy</i> _____ |
| 2 They often open their mouth and _____.                                    | _____                     |
| 3 They go to bed and _____ their _____ clock.                               | _____ , _____             |
| 4 They get into bed and put their head on the _____.                        | _____                     |
| 5 They cover themselves up with a _____, or with _____ and _____.           | _____ , _____ , _____     |
| 6 Soon they _____ asleep.   | _____                     |
| 7 Some people make a loud noise when they breathe. They _____.              | _____                     |
| 8 During the night people have _____ or _____.                              | _____ , _____             |
| 9 If you don't hear your alarm in the morning, you might _____.             | _____                     |
| 10 If you drink coffee in the evening, it might _____.                      | _____                     |
| 11 Some people can't sleep because they suffer from _____.                  | _____                     |
| 12 These people often have to take _____.                                   | _____                     |
| 13 Some people have a _____ or _____ after lunch.                           | _____ , _____             |
| 14 A person who sleeps well 'sleeps like a _____'.                          | _____                     |
| 15 Someone who is tired after flying to another time zone is _____ - _____. | _____ - _____             |

b 5.9 Listen to the sentences and check.

c Cover the column of words and test yourself.

## 5 SPEAKING

Answer the questions in pairs.  
Ask for more information.

Have you ever stayed up all night?

Do you sometimes have problems getting to sleep? What do you do?

Have you ever overslept and missed something important?

Do you take or have you ever taken sleeping pills? Did they work?

Is there any food or drink that keeps you awake, or that stops you from sleeping well?

Are you a light sleeper or do you sleep like a log?

Have you ever fallen asleep at an embarrassing moment, for example during a class?

Have you ever been jet-lagged? Where were you going? How long did it take you to recover?

Have you ever sleepwalked or do you know anyone who sleepwalks?

Do you often have nightmares or recurring dreams?

Do you sleep with a duvet or blankets? How many pillows do you like to have?

Do you snore? Have you ever had to share a room with someone who snores? Was this a problem?

Do you remember a time or place where you slept very badly? Why?



## 6 LISTENING

- a Look at the photo and the headline. Why do you think the girl was asleep on the crane? How did she get there?
- b **5.10** Listen to the first part of a radio news programme and check your answers. What happened next?
- c Read a newspaper article about the same incident. The article got eight details wrong. Listen to the news programme again and correct the mistakes.



### 15-year-old girl found asleep on crane

Yesterday a 15-year-old girl was discovered lying on top of a 30-metre-high crane. A passer-by saw her when he was walking past a building site in Dulwich, south-west London, and immediately called the fire brigade. The police and fire brigade arrived at 1.30 in the morning. At first they thought the girl was suicidal but when a fireman climbed up the crane he realized she was drunk. The fireman crawled along the arm of the crane and carefully put a safety harness on the girl. Then the girl used her mobile phone to call her parents, who came quickly to the building site. The rescue took two hours and the girl was brought safely down from the crane on a ladder.

After talking to her parents, the police discovered that the girl had been sleepwalking. She had left her house during the night, and had been able to get into the building site because the security guard was asleep. Her parents said that it wasn't the first time that she had sleepwalked, and that she had left the house on several other occasions.

- d You are going to listen to the second half of the programme. Before you listen, work with a partner and discuss if you think the information in sentences 1–10 is T (true) or F (false).
- 1 A sleepwalker can drive a car while he is asleep.
  - 2 It is easy to know if someone is sleepwalking or not.
  - 3 Sleepwalking is quite uncommon.
  - 4 Sleepwalking is most common among young boys.
  - 5 Stress can cause people to sleepwalk.
  - 6 You should never wake up a sleepwalker.
  - 7 A sleepwalker cannot hurt himself.
  - 8 People usually sleepwalk for a short time.
  - 9 Sleepwalkers don't remember anything afterwards.
  - 10 Sleepwalking is no excuse if you have committed a crime.
- e **5.11** Listen once to check your answers. Then listen again and correct the false statements.

## 7 **5.12** SONG 🎵 *I don't want to miss a thing*



# Communication

## 4C Two paintings Student A



The Hotel Lobby (1943) Edward Hopper

- Look carefully at your painting. Then describe it in detail to B, focusing especially on the people and their body language. Say who you think they are and what you think they're doing.
- Show your picture to B and see if he / she agrees with you.
- Listen to B describe another painting. Try to visualize it.
- B will now show you the picture to see if you agree with his / her description and interpretation.

## 5B Sleep Students A + B

Read the results of the questionnaire and calculate your score. The higher your score the more sleep deprived you are. The maximum is 14.

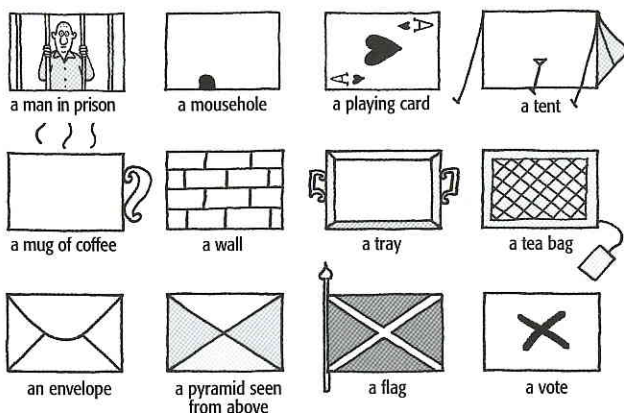
- a 0      b 1
- a 1      b 0      c 0
- a 1      b 0      c 0
- a 0      b 1      c 2
- a 0      b 1      c 2      d 2
- a 0      b 1      c 2
- a 0      b 1      c 0      d 1
- 1 point for each one you circle

## 6C Are you a creative thinker? Students A + B

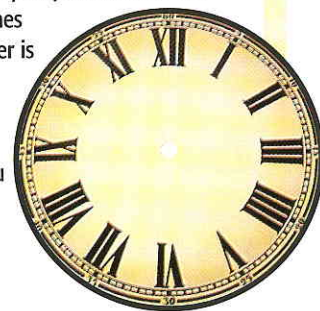
Check your answers to the test.

### Are you a creative thinker?

- The more times you have circled false, the more creative you are and the higher your 'eureka potential'.
- The vast majority of people choose either 35 or 37. However, truly creative people usually come up with a different number, e.g. 17 or 31.
- The more boxes you were able to fill, the more creative you are. The following are some of the more creative ideas that people have come up with:



- The important question concerns how you represented the number 4. In Roman numerals the number 4 is always represented as 'IV'. However, on almost all clocks and watches except for Big Ben in London, the number is represented as 'IIII'. If you filled it in as 'IV', that means that although you have probably seen clocks and watches with Roman numerals hundreds of times, you have not really seen or remembered what is right in front of your eyes.



## 7C What's the word? Student A

- Check that you know what your list of words below mean. Then define them to B, saying which language they come from.
  - caravan /'kærəvæn/ (Persian)
  - blanket /'blæŋkɪt/ (Dutch)
  - embarrassed /ɪm'bærəst/ (French)
  - tsunami /tsu:'nɑ:mi/ (Japanese)
  - soprano /sə'prɑ:nəʊ/ (Italian)
  - massage /'mæsɑ:ʒ/ (Portuguese)
  - mosquito /mɒs'ki:təʊ/ (Spanish)
  - fog /fɒg/ (Danish)
- Listen to B's definitions and say what the word is.
- Has your language 'borrowed' any of these words?



## 5A gerunds and infinitives

## verbs followed by the gerund and verbs followed by the infinitive

- 1 I **enjoy listening** to music. I **couldn't help laughing**.
- 2 I **want to speak** to you. They **can't afford to buy** a new car.
- 3 It **might rain** tonight. I **would rather eat in** than go out tonight.

- When one verb follows another, the first verb determines the form of the second. This can be the gerund (verb + *-ing*) or the infinitive (with or without *to*).
- 1 Use the **gerund** after certain verbs and expressions, e.g. *admit, avoid, can't help, can't stand, carry on, deny, enjoy, fancy, finish, give up, keep on, imagine, involve, mind, miss, postpone, practise, risk, stop, suggest*.
- 2 Use the **infinitive (with to)** after certain verbs and expressions, e.g. *agree, appear, be able to, can't afford, can't wait, decide, expect, happen, have (got), help, learn, manage, offer, plan, pretend, promise, refuse, seem, teach, tend, threaten, want, would like*.
- 3 Use the **infinitive (without to)** after modal verbs, e.g. *can, may, might, must, should, had better, would rather*, and after the verbs *make* and *let*.

- ⚠ In the passive, *make* is followed by the infinitive with *to*. Compare *My boss makes us work hard. At school we were made to wear a uniform.*
- ⚠ Some verbs can be followed by the gerund or infinitive (with *to*) with no change of meaning, e.g. *begin, start, continue*.
- ⚠ *like, love, hate*, and *prefer* can also be used with either, but the gerund is more common when you are talking generally, and the infinitive when you talk about a specific occasion. Compare *I like skiing* (in general). *I like to go skiing in February or March* (specific).

## verbs that can be followed by either gerund or infinitive with a change of meaning

- 1 **Remember to lock** the door.  
I **remember going** to Venice as a child.
- 2 Sorry, I **forgot to do** it.  
I'll never **forget seeing** the Taj Mahal.
- 3 I **tried to open** the window.  
**Try calling** Miriam on her mobile.
- 4 You **need to clean** the car.  
The car **needs cleaning**.

- Some verbs can be followed by the gerund or infinitive (with *to*) with a change of meaning.
- 1 *Remember* + infinitive = you remember first, then you do something. *Remember* + gerund = you do something then you remember it.
- 2 *Forget* + infinitive = you didn't remember to do something. *Forget* + gerund = you did something and you won't forget it. It is more common in the negative.
- 3 *Try* + infinitive = make an effort to do something. *Try* + gerund = experiment to see if something works.
- 4 *Need* + gerund is a passive construction, e.g. *The car needs cleaning* = The car needs to be cleaned. NOT *needs-to-clean*.

## 5B used to, be used to, get used to

## used to / didn't use to + infinitive

I **used to drink** five cups of coffee a day, but now I only drink tea.  
When I lived in France as a child I **used to have** croissants for breakfast.  
I didn't recognize him. He **didn't use to have** a beard.

- Use *used to / didn't use to* + infinitive to talk about past habits or repeated actions or situations / states which have changed.
- ⚠ *used to* doesn't exist in the present tense. For present habits, use *usually* + the present simple, e.g. *I usually walk to work*. NOT *I use to walk to work*.
- You can also use *would* to refer to repeated actions in the past. *When I lived in France as a child I would always eat croissants for breakfast*. But you can't use *would* with non-action verbs. NOT *I didn't recognize him. He wouldn't have a beard*.

## be used to / get used to + gerund

- 1 Carlos has lived in London for years. He's **used to driving** on the left.  
I'm **not used to sleeping** with a duvet. I've always slept with blankets.
- 2 A I can't **get used to working** at night. I feel tired all the time.  
B Don't worry. You'll soon **get used to it**.

- 1 Use *be used to* + gerund to talk about a new situation which is now familiar or less strange.
- 2 Use *get used to* + gerund to talk about a new situation which is **becoming** familiar or less strange.
- You can't use the infinitive after *be / get used to*. NOT *He's used to drive on the left*.

## 5C reporting verbs

## structures after reporting verbs

- 1 Jude **offered to drive** me to the airport.  
I **promised not to tell** anybody.
- 2 The doctor **advised me to have** a rest.  
I **persuaded my sister not to go out** with George.
- 3 I **apologized for being** so late.  
The police **accused Karl of stealing** the car.

- To report what other people have said, you can use *say* or a specific verb, e.g. *I'll drive you to the airport.*  
Jude **said** he would drive me to the airport.  
Jude **offered** to drive me to the airport.

- After specific reporting verbs, there are three different grammatical patterns.

1 + to + infinitive	2 + person + to + infinitive	3 + -ing form
agree	advise	apologize for
offer	ask	accuse sb of
refuse (not) to do	convince somebody	admit (not) doing
promise something	encourage (not) to do	blame sb for something
threaten	invite something	deny
	persuade	insist on
	remind	recommend
	tell	regret
	warn	suggest

- In negative sentences, use the negative infinitive (*not to be*) or the negative gerund (*not being*), e.g. *He reminded me not to be late. She regretted not going to the party.*



5A

- a Complete with the gerund or infinitive of a verb from the list.  
 call not come do get go go out know talk tidy wait work
- I suggested calling a taxi so we wouldn't be late.
- I'm exhausted! I don't fancy \_\_\_\_\_ tonight.
  - If you carry on \_\_\_\_\_, you'll have to leave the room.
  - We'd better \_\_\_\_\_ some shopping if we want to cook tonight.
  - I'm very impatient. I can't stand \_\_\_\_\_ in queues.
  - She tends \_\_\_\_\_ angry when people disagree with her.
  - My parents used to make me \_\_\_\_\_ my room every morning.
  - I'd rather \_\_\_\_\_ tonight. I need to study.
  - I can't wait \_\_\_\_\_ on holiday!
  - I don't mind \_\_\_\_\_ late tonight if I can leave early tomorrow.
  - Do you happen \_\_\_\_\_ her phone number?

- b Circle the correct form.
- Your hair needs (cutting) / to cut. It's really long!
- I'll never forget to see / seeing the Grand Canyon for the first time.
  - He needs to call / calling the helpline. His computer has crashed.
  - Have you tried to read / reading a book to help you sleep?
  - I must have my keys somewhere. I can remember to lock / locking the door this morning.
  - We ran home because we had forgotten to turn / turning the oven off.
  - Their house needed to paint / painting so they called the painters.
  - Did you remember to send / sending your sister a card? It's her birthday today.
  - We tried to learn / learning to ski last winter but we were hopeless!

5B

- a Right (✓) or wrong (✗)? Correct the wrong phrases.  
 She isn't used to have a big dinner in the evening. ✗  
*isn't used to having*

- Nowadays I use to go to bed early.
- When we visited our friends in London we couldn't get used to drink tea with breakfast.
- Sorry, I'm not used to staying up so late. I'm usually in bed by midnight.
- There used to be a cinema in our village, but it closed down three years ago.
- Paul used to having a beard when he was younger.
- A I don't think I could work at night.  
 B It's not so bad. I use to it now.
- Did you used to wear a uniform at your school?

- b Complete with *used to*, *be used to*, or *get used to* and the verb in brackets.

- He's Spanish so he 's used to driving on the right. (drive)
- When Nathan started his first job, he couldn't \_\_\_\_\_ at 6 a.m. (get up)
  - If you want to lose weight, then you'll have to \_\_\_\_\_ less. (eat)
  - I don't like having dinner at 10.00 – I \_\_\_\_\_ a meal so late. (not / have)
  - When we were children we \_\_\_\_\_ all day playing football in the park. (spend)
  - Jasmine has been a nurse all her life so she \_\_\_\_\_ nights. (work)
  - I've never worn glasses before, but I'll have to \_\_\_\_\_ them. (wear)
  - I didn't recognize you! You \_\_\_\_\_ long hair, didn't you? (have)
  - Amelia is an only child. She \_\_\_\_\_ her things. (not / share)

5C

- a Complete with the gerund or infinitive of the verb in brackets.

- They advised me to buy a new car. (buy)
- Jamie insisted on \_\_\_\_\_ for the meal. (pay)
  - Lauren agreed \_\_\_\_\_ with him at the weekend. (go out)
  - I warned Jane \_\_\_\_\_ through the park at night. (not walk)
  - Jacob admitted \_\_\_\_\_ the woman's handbag. (steal)
  - The doctor advised Lily \_\_\_\_\_ coffee. (give up)
  - Our boss persuaded Megan \_\_\_\_\_ the company. (not leave)
  - Freya accused me of \_\_\_\_\_ her pen. (take)
  - I apologized to Evie for \_\_\_\_\_ her birthday. (not remember)

- b Complete using a reporting verb from the list and the verb in brackets.

- deny invite offer remind refuse suggest threaten
- She said to me, 'I'll take you to the station.'  
 She offered to take (take) me to the station.
- Ryan said, 'Let's go for a walk. It's a beautiful day.'  
 Ryan \_\_\_\_\_ (go) for a walk.
  - 'I won't eat the vegetables,' said my daughter.  
 My daughter \_\_\_\_\_ (eat) the vegetables.
  - Sam's neighbour told him, 'I'll call the police if you have any more parties.'  
 Sam's neighbour \_\_\_\_\_ (call) the police if he had any more parties.
  - The children said, 'We did not write on the wall.'  
 The children \_\_\_\_\_ (write) on the wall.
  - Simon said to me, 'Would you like to have dinner with me on Friday night?'  
 Simon \_\_\_\_\_ (have) dinner with him on Friday night.
  - Molly said to Jack, 'Don't forget to go to the dentist.'  
 Molly \_\_\_\_\_ (go) to the dentist.