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Level 0

Company pays its workers to sleep

2nd July, 2016

<http://www.breakingnewsenglish.com/1607/160702-sleep-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-0.html>

A company is paying workers to sleep. Staff get \$300 a year extra if they sleep more than seven hours a night. The company said workers will work better if they sleep well. The company will then do better. Workers record their sleep using a wrist monitor. They can also write down how long they sleep every night.

Not sleeping enough is bad for our job. The average U.S. worker loses 11.3 working days of work a year because of not sleeping enough. The US economy loses \$63.2 billion a year. A European study found that workers who sleep less than seven hours per night do a lot less work. People who sleep eight hours do more work.

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>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-0.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|---------------------|
| 1. A company is paying | a. their sleep |
| 2. Staff get \$300 a | b. monitor |
| 3. sleep more than seven hours | c. every night |
| 4. The company will then do | d. year extra |
| 5. Workers record | e. workers to sleep |
| 6. using a wrist | f. better |
| 7. They can also write | g. a night |
| 8. they sleep | h. down how long |

PARAGRAPH TWO:

- | | |
|---------------------------------|--------------------------|
| 1. Not sleeping | a. work |
| 2. bad for | b. of work a year |
| 3. The average | c. \$63.2 billion a year |
| 4. 11.3 working days | d. our job |
| 5. The US economy loses | e. less |
| 6. workers who sleep | f. enough |
| 7. do a lot less | g. do more work |
| 8. People who sleep eight hours | h. U.S. worker |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1607/160702-sleep-0.html>

A company is paying (1) _____. Staff get \$300 a year (2) _____ sleep more than seven hours a night. The company said workers (3) _____ if they sleep well. The company (4) _____ better. Workers record their sleep using a (5) _____. They can also write (6) _____ they sleep every night.

Not sleeping enough (7) _____ job. The average U.S. worker (8) _____ working days of work a year (9) _____ sleeping enough. The US economy loses \$63.2 (10) _____. A European study found that workers who (11) _____ seven hours per night do a lot less work. People who sleep eight hours (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1607/160702-sleep-0.html>

A company is paying workers to sleep. Staff get \$300 a year extra if they sleep more than seven hours a night. The company said workers will work better if they sleep well. The company will then do better. Workers record their sleep using a wrist monitor. They can also write down how long they sleep every night. Not sleeping enough is bad for our job. The average U.S. worker loses 11.3 working days of work a year because of not sleeping enough. The U.S. economy loses \$63.2 billion a year. A European study found that workers who sleep less than seven hours per night do a lot less work. People who sleep eight hours do more work.

SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1607/160702-sleep-4.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.

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) _____

WRITING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-0.html>

Write about **sleep** for 10 minutes. Read and talk about your partner's paper.
