

Company makes booth for vertical napping

25th September 2023



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: g-nap.com / japantoday.com / asahi.com / yahoo.com

Writing

There should be a compulsory daily national nap time. Discuss.

Chat

Talk about these words from the article.

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

True / False

- 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

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 |

Discussion – Student A

- a) What do you think about what you read?
- b) What do you do to refresh yourself?
- c) What do you do that makes you feel fatigued?
- d) Where and when do you nod off?
- e) How fulfilling is the work you do?
- f) What can we do to reduce drowsiness?
- g) What's the best amount of time to sleep each day?
- h) What questions would you like to ask the designers?

Phrase Match

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

Discussion – Student B

- What is the best position in which to sleep?
- What do you think of sleeping vertically?
- Would you like a Giraffenap booth?
- What problems do you have sleeping?
- How important is it to take a nap?
- How often do you catch forty winks?
- What do you do to boost your concentration?
- What do you do to aid your memory retention?

Spelling

- ctdraee to your needs
- lvuiende the "Giraffenap" booth
- This enoiingsu cubicle
- office workers and trmsmeuoc
- aids memory enettirno
- éalittc wood
- physical ftiuaeg
- break the erypeatets
- a sign of boredom or snliaesz
- more niceiftef and fulfilling work
- napping reduces ndsoriswse
- improves utiegynni and creativeness

Answers – Synonym Match

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

Role Play

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.

Speaking – 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 | • Counting sheep |
| • Darkness | • Music |
| • Good pillow | • Hard work |
| • Exercise | • Milk |

Answers – True False

1	F	2	T	3	F	4	F	5	T	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.