

Reading comprehension one

This text is an article from Time magazine in June of 2011, written by Alice Park. This article talks about insomniacs, the reasons for it and the solutions provided by researchers from the University of Pittsburgh School of Medicine. Indeed, they reported that keeping the brain cool may help people with insomnia. Insomniacs have higher than normal activity in the frontal lobes of their brains making them overthink so they can't fall asleep. They figured out that this activity was also raising up the brain's temperature.

They tested to make wear caps that contained circulating water at cool temperatures to insomniacs people, they figured out that insomniacs were able to fall asleep as fast as normal people.

However, more studies need to be done to confirm the result, but the solution may be helpful for whom existing treatments don't work.