

Reading comprehension 1: Sleeping difficulties, just cool down.

darkening: l'assombrissement

cooling: refroidir

a cap: un chapeau

tend to: avoir tendance à

fall asleep: s'endormir

shut off: éteindre

wonder whether: se questionner

wakefulness: insomnie

doze off: s'assoupir

amount: quantité

a spokesperson: porte parole

a device: un appareil

effective: efficace

lowering: réduire

be set to: être prêt à

slightly: un peu / légèrement

I - Main idée:

The third statement expresses the main idea better.

- 1- The water is use to lower the brain temperature, not to drink
- 2- Maybe true, but it's about brain temperatures
- 4- They made a cap to cool the brain.

II - Understanding the passage:

- 1- False : They report that at the annual meeting.
- 2- False: He published studies about the frontal lobes activity
- 3- True: It will reduce the activity of the brain
- 4- True: It's named the circadian clock
- 5- True: They can't fall asleep because of the highest brain temperature
- 6- True: 13 minutes instead of 16
- 7- False: "[...] there are many ways to intervene [...]"
- 8- False: More studies have to confirm the results
- 9- False: It's not clear yet which patients may benefit the most of the cap

III - Language work: the -ing form

- A - 1. G
2. A
3. G
4. PP
5. G
6. PP

B -

1. Computer animation is the process of **creating** objects which move across the screen.
2. Texturing involve **adding** paint, colour and filters to drawings and designs
3. You can open the colour palette by **clicking** on the corresponding icon.
4. CAD programs are very fast at **performing** drawing function
5. A lot of time and money is saved by **testing** a car design before **making** the product.
6. **Rendering** refers to the techniques used to make realistics images.

IV - Summary:

In summary, several researchers from the University of Pittsburgh School of Medicine reported during the annual meeting of the Associated Professional Sleep Societies that lowering brain temperature may help people with insomnia get to sleep.

Dr. Daniel Buysse, one of these researchers, had previously shown that insomnia is linked to overactivity of the brain, and that overactivity leads to an increase in brain temperature, which can prevent sleep.

He gave a group of 12 insomniacs a cap that cooled their brain by circulating water, and he noticed that those who wore this cap fell asleep much faster, 13 minutes, instead of 16 for a person without sleeping troubles.

APSS's spokesperson, James Wyatt says there will be plenty of ways to treat insomnia, but this one open up a new category of treatments

Studies should confirm these results, because it is difficult to know which patients this process will affect the most.