

## Idea Bank for Paper 4 Speaking 2023 2.1 Sleeping Patterns

### A. Advantages of being a night owl:

1. **Enhanced creativity:** Many night owls find that their creative juices flow better during the late hours. The quiet and solitude of the night can provide a conducive environment for inspiration and innovative thinking.
2. **Increased productivity:** Nighttime can offer fewer distractions compared to the daytime. With fewer interruptions and obligations, night owls can focus better on tasks and be more productive. They can utilize the uninterrupted time to complete work, study, or engage in personal projects.
3. **Improved concentration:** Nighttime often brings a sense of calmness and tranquility. For some individuals, this can enhance concentration and allow them to dive deep into tasks without disturbances. Night owls may find it easier to concentrate on complex or demanding activities during these hours.
4. **Flexibility:** Being a night owl can offer flexibility in terms of scheduling. Many jobs and social activities are typically structured around daytime hours, so being awake and alert at night can allow for a more flexible lifestyle. Night owls may find it easier to accommodate late-night shifts or engage in activities that are more suited to the nighttime, such as creative pursuits or hobbies.
5. **Improved problem-solving:** Night owls often have the advantage of having more time to mull over problems and find solutions. The quiet and stillness of the night can help individuals think more deeply and analytically, leading to enhanced problem-solving abilities.
6. **Networking opportunities:** Nighttime can be a time for networking and socializing with other night owls. There are often events, gatherings, or online communities specifically catered to those who thrive during the night. Connecting with like-minded individuals can lead to unique collaborations and opportunities.
7. **Personal reflection and self-care:** The nighttime can provide an opportunity for self-reflection and self-care. Night owls may find it easier to set aside time for introspection, relaxation, and practicing self-care routines without distractions.

### B. Advantages of walking up early

1. **Increased productivity:** Getting up early allows you to start your day with a fresh and focused mind. You can take advantage of the quiet and uninterrupted morning hours to tackle important tasks, set goals for the day, and plan your schedule. Many successful people attribute their accomplishments to a productive morning routine.
2. **Improved mental and physical well-being:** Waking up early gives you more time to prioritize self-care activities like exercise, meditation, or preparing a nutritious breakfast. Engaging in these activities can boost your mood, energy levels, and overall health. Additionally, exposure to natural light in the morning can regulate your internal body clock and improve sleep quality.
3. **Time for personal growth:** Early mornings can be a time for personal development and learning. Whether it's reading a book, pursuing a hobby, or engaging in educational courses, having dedicated time in the morning allows you to invest in your personal growth and expand your knowledge and skills.
4. **Better planning and organization:** Starting your day early provides an opportunity to plan and organize your tasks effectively. You can review your goals, prioritize your to-do list, and set a clear direction for the day. This proactive approach helps in reducing stress and increasing efficiency.

5. **Enjoyment of quiet and solitude:** Mornings are typically quieter and less crowded compared to the rest of the day. This can provide a sense of calmness and solitude, allowing you to engage in activities that require focus or introspection. It's an excellent time for reflection, journaling, or simply enjoying a peaceful moment before the busyness of the day begins.

6. **Time for a healthy breakfast:** Breakfast is often considered the most important meal of the day. Getting up early allows you to have a relaxed and nutritious breakfast, which can provide the necessary fuel for your body and brain. A healthy breakfast can enhance cognitive function, improve concentration, and support overall well-being.

7. **Advantage in professional life:** Many workplaces operate during regular business hours, and being an early riser gives you a head start on the day. You can use the extra time to prepare for meetings, respond to emails, or get a head start on important projects. This proactive approach can contribute to professional success and advancement.

**C. whether companies should have flexible working hours for people with different sleeping patterns is subjective and depends on various factors. Here are some points to consider:**

1. **Productivity and performance:** Flexible working hours that accommodate different sleeping patterns can potentially boost productivity and performance. When individuals can work during their most alert and productive hours, they are likely to produce higher-quality work and be more engaged in their tasks.

2. **Work-life balance:** Offering flexible working hours can promote a better work-life balance for employees. It allows them to align their work schedule with their personal preferences and responsibilities outside of work. This flexibility can lead to improved job satisfaction and overall well-being.

3. **Inclusivity and diversity:** Companies that embrace flexible working hours cater to a diverse workforce with varying sleep patterns and chronotypes. Recognizing and accommodating these differences can foster inclusivity and create a more supportive and inclusive work environment.

4. **Employee retention and recruitment:** Providing flexible working hours can be an attractive benefit for potential employees and contribute to higher employee retention rates. It demonstrates that the company values the individual needs of its employees and is committed to their overall happiness and work-life integration.

5. **Collaboration and communication:** One potential challenge with flexible working hours is ensuring effective collaboration and communication among team members. Companies need to establish clear guidelines and implement technology solutions to facilitate seamless communication and coordination, regardless of different schedules.

6. **Operational requirements:** Some industries and job roles have specific operational requirements that may make it challenging to implement flexible working hours. For example, customer service roles may require employees to be available during specific hours. In such cases, companies need to strike a balance between operational needs and accommodating individual sleep patterns.

7. **Fairness and consistency:** Implementing flexible working hours should be done in a way that ensures fairness and consistency across the organization. Companies should establish clear policies and guidelines to avoid potential conflicts or perceptions of favoritism.

## Script for students for home practice

### **A. Advantages of being a “night owl”**

As a night owl, there are numerous advantages to staying up late and being active during the nighttime hours. One of the primary benefits is increased productivity.

For example, while others are sleeping, night owls have the opportunity to focus without interruption and complete tasks more efficiently. This could include catching up on work projects, studying for exams, or simply tackling household chores without distraction. Night owls also tend to be more creative during these hours, as the stillness and solitude of the night can help to inspire new ideas and fresh perspectives.

What’s more, night owls may find that their schedules offer more flexibility and freedom, as they have more time during the day to relax or pursue hobbies.

Additionally, many night owls report feeling more alert and energized at night, which can be advantageous in certain situations such as emergency response or night shift work.

In short, being a night owl offers numerous advantages, including increased productivity, creativity, flexibility, and energy. While some may prefer early mornings, there is no doubt that staying up late can be a highly rewarding lifestyle choice.

### **B. Advantages of getting up early**

One advantage of getting up early is that it allows you to establish a healthy morning routine. When you wake up early, you have more time to engage in activities that promote self-care and well-being. For instance, you can start your day with a healthy breakfast, meditate, or do some light exercise.

Establishing a morning routine can have a significant impact on your mental and physical health. It can help you feel more organized, reduce stress levels, and increase your productivity throughout the day. By taking the time to care for yourself in the morning, you set yourself up for a successful and fulfilling day.

Additionally, waking up early can also give you more time to plan out your day, set goals, and prioritize your tasks. You can use the extra time to plan out your schedule, make a to-do list, and break down larger projects into smaller, more manageable tasks. This can help you stay focused, achieve your goals, and make the most of your time.

In a nut shell, waking up early allows you to establish a healthy morning routine, which can have a positive impact on your mental and physical health. It gives you the time you need to care for yourself, plan out your day, and prioritize your tasks.

### **Should companies offer employees flexible working time?**

<b>Stance: Yes</b>
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Certainly, companies should offer employees flexible working time because it can have numerous benefits for both the employees and the company.

One advantage of flexible working time is that it can improve employee satisfaction and retention. For instance, allowing employees to work from home or set their own hours can reduce the stress of commuting and allow them to spend more time with their families. This, in turn, can increase employee morale and loyalty to the company.

What's more, flexible working time can also increase productivity. Some employees work better in the morning, while others are more productive in the afternoon or evening. By allowing employees to choose their own working hours, companies can maximize their productivity and ensure that they are working when they are most focused and productive.

Additionally, offering flexible working time can also reduce overhead costs for the company. By allowing employees to work from home, companies can save on office space, equipment, and utilities. This can result in significant cost savings and increased profits for the company.

In short, offering flexible working time can benefit both employees and companies in numerous ways. It can improve employee satisfaction, increase productivity, and reduce overhead costs for the company. Therefore, companies should consider implementing flexible working time policies to stay competitive and attract and retain top talent.

<b>Stance: No</b>
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While flexible working time may seem like a good idea, it could also have several disadvantages for both employees and companies.

One disadvantage of flexible working time is that it can make it challenging to maintain a consistent work schedule. If employees are allowed to work whenever they choose, it can be challenging to schedule team meetings or coordinate projects. This can lead to delays and a lack of communication among team members, which can negatively impact the quality of work produced.

Besides, flexible working time can also make it difficult for managers to monitor employee performance. If employees are not working during regular business hours, it can be challenging to ensure that they are meeting their performance goals and completing their work on time. This can result in lower productivity and a decrease in overall company performance.

In addition, offering flexible working time can also make it difficult for companies to maintain a cohesive company culture. If employees are not working in the same physical location or at the same time, it can be challenging to build relationships and foster a sense of community among team members. This can lead to a lack of collaboration and teamwork, which can negatively impact the company's bottom line.

In short, while flexible working time may seem like a good idea, it could also have several disadvantages for both employees and companies. It can make it challenging to maintain a consistent work schedule, monitor employee performance, and maintain a cohesive company culture. Therefore, companies should carefully consider the potential drawbacks before implementing flexible working time policies.

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Homework Writing Q1.1: (From M4 L2)

Write an essay to argue whether unmanned convenience stores should replace manned convenience stores.

Homework Writing Q1.2: (From M4 L3)

Write an essay to argue whether movie streaming services will replace cinemas in future.

Homework Writing Q1.3: (From M5 L1)

Write an essay to argue whether schools should encourage students to take up a vegetarian diet.

Homework Writing Q2.1: (From M5 L2)

Write an essay to argue whether companies should offer their employees flexible working hours.