



lingoda

Why do we sleep?

SPEAKING

LEVEL
Advanced

NUMBER
C1_1034S_EN

LANGUAGE
English

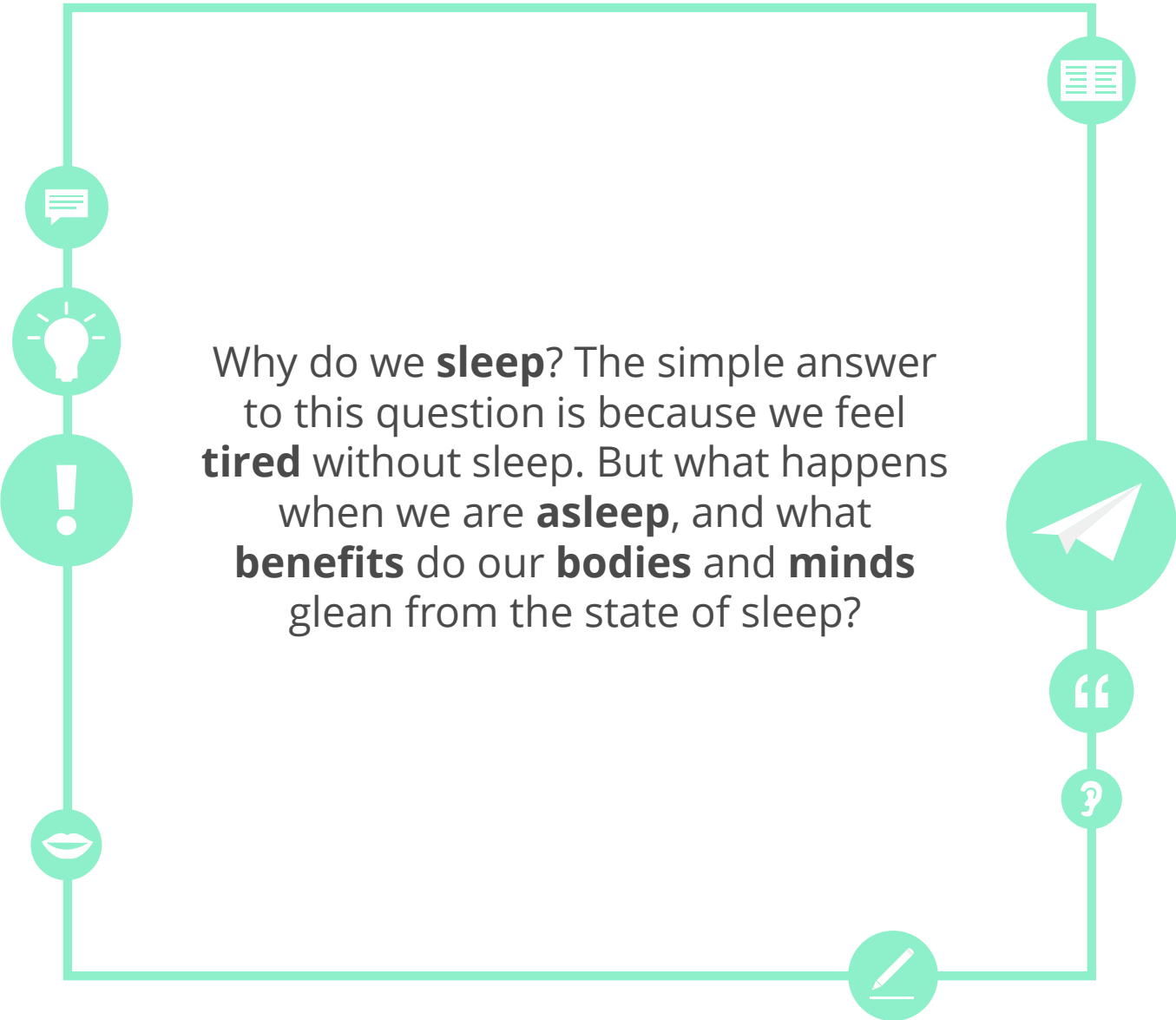




Goals

- Can read, listen to and understand a factual text about the reasons why humans sleep.
- Can compare theories related to sleep and well-being and draw on my own experience to strengthen my argument.





Why do we **sleep**? The simple answer to this question is because we feel **tired** without sleep. But what happens when we are **asleep**, and what **benefits** do our **bodies** and **minds** glean from the state of sleep?



Tell your teacher

**What kind of things do
you think are essential
to our well-being?**





How much sleep do you think these people need? Why does our need for sleep differ throughout our lives?





Discuss

Under what circumstances do you have a good or a bad night's sleep?



the weather



peace and quiet



Big question

**Why do you
think we sleep?**



Why do we sleep?



Sleep is such a natural part of our daily routine that we rarely think about why we do it. What we do know is that without sleep, our physical and mental states deteriorate. When we are tired, we find it difficult to concentrate, we are irritable, we make more mistakes and we react more slowly, and in extreme cases, we die. A good night's sleep makes us feel infinitely better. But why is this?

For thousands of years, sleep was thought to be a time of inactivity; a passive state when the body and mind were at rest. However, as science has developed, a greater interest is being taken in the role of sleep, though the exact reason for sleeping remains a mystery.



Why do we sleep?



An early theory as to why we sleep was thought to be for energy conservation. Although food is plentiful in the present day, over the past few millennia humans had to work hard to find food. Thus, being able to conserve energy when food was scarce was a positive thing. Not only does our metabolic rate drop during sleep, but so does our core body temperature.

This means that when we sleep, we need to use less energy to keep our bodies going. There is, however, a powerful counter argument to this hypothesis. It postulates that sleep, as a state of unconsciousness, would have made humans vulnerable to attack by animals or other humans in the past millennia.



Do you know what these words mean? Practise saying them with your teacher.

deteriorate

irritable

infinitely

inactivity

plentiful

scarce

conserve

core

vulnerable



Choose the correct answer. What is wrong with the other answers?

1. If we don't sleep enough, our mental capacity...

- a. strengthens. b. weakens. c. decomposes. d. infinitely.

2. For many millennia, sleep was thought to be an _____ state.

- a. apathetic b. inertia c. unassertive d. unconscious

3. In the past we had to conserve energy because of a _____ of food.

- a. scarcity b. shortcoming c. failure d. scarce

4. In times past, sleeping humans were _____ to attack.

- a. irritable b. unsafe c. susceptible d. unprotected



Tell your teacher

Humans are generally sleeping less than they used to. Do you think this might be because we now have an abundance of food and no longer need to conserve as much energy? What other reasons can you think of?



food



technology



stress



light pollution



Sleeping and other species

**Why do you think
different kinds of
animals have different
sleeping patterns?**





Get ready to listen



The next few slides will focus on
training your listening comprehension



While you are listening, decide if these statements are true or false?

	TRUE	FALSE
1. All scientists believe that sleep repairs our body.	<input type="checkbox"/>	<input type="checkbox"/>
2. Animals that are not allowed to sleep have weakened immune systems.	<input type="checkbox"/>	<input type="checkbox"/>
3. Body tissue is repaired during sleep.	<input type="checkbox"/>	<input type="checkbox"/>
4. New connections are made in our brains while we sleep.	<input type="checkbox"/>	<input type="checkbox"/>
5. Scientists think they know why babies need the most sleep.	<input type="checkbox"/>	<input type="checkbox"/>
6. Scientists know why we dream.	<input type="checkbox"/>	<input type="checkbox"/>



What order are these things mentioned in the text? Why are they mentioned?

A



B



C



D





Discuss

Of the theories that you have read and heard about, which seems to be the most likely explanation as to why we sleep? Do you know of any other theories?



conserve
energy

repair our
bodies

form memories

strengthen
neural
connections



Dreaming

The role of dreaming was only briefly discussed in the text. Can you remember what the text said about dreaming? Why do you think we dream?

a by-product of
neural activity

predicting the
future

to act out
unconscious
desires



Dreaming

**Are you the kind of person who remembers their dreams?
When was the last time you remembered a dream? Can you
explain what happened in the dream in your own words? Was it
similar to other dreams you've had?**



familiar faces

colours

one moment
blurred into the
next...

who was I?

images

feelings



Reflect on the lesson

Take a moment to review any new **vocabulary, phrases, language structures** or **grammar points** you have come across for the first time in this lesson.

Review them with your teacher one more time to make sure you don't forget!





Answer key

Exercise p. 11

1. B, 2. D, 3. A, 4. C

Exercise p. 15

1. F, 2. T, 3. T, 4. F, 5. T, 6. F

Exercise p. 16

D, C, A, B

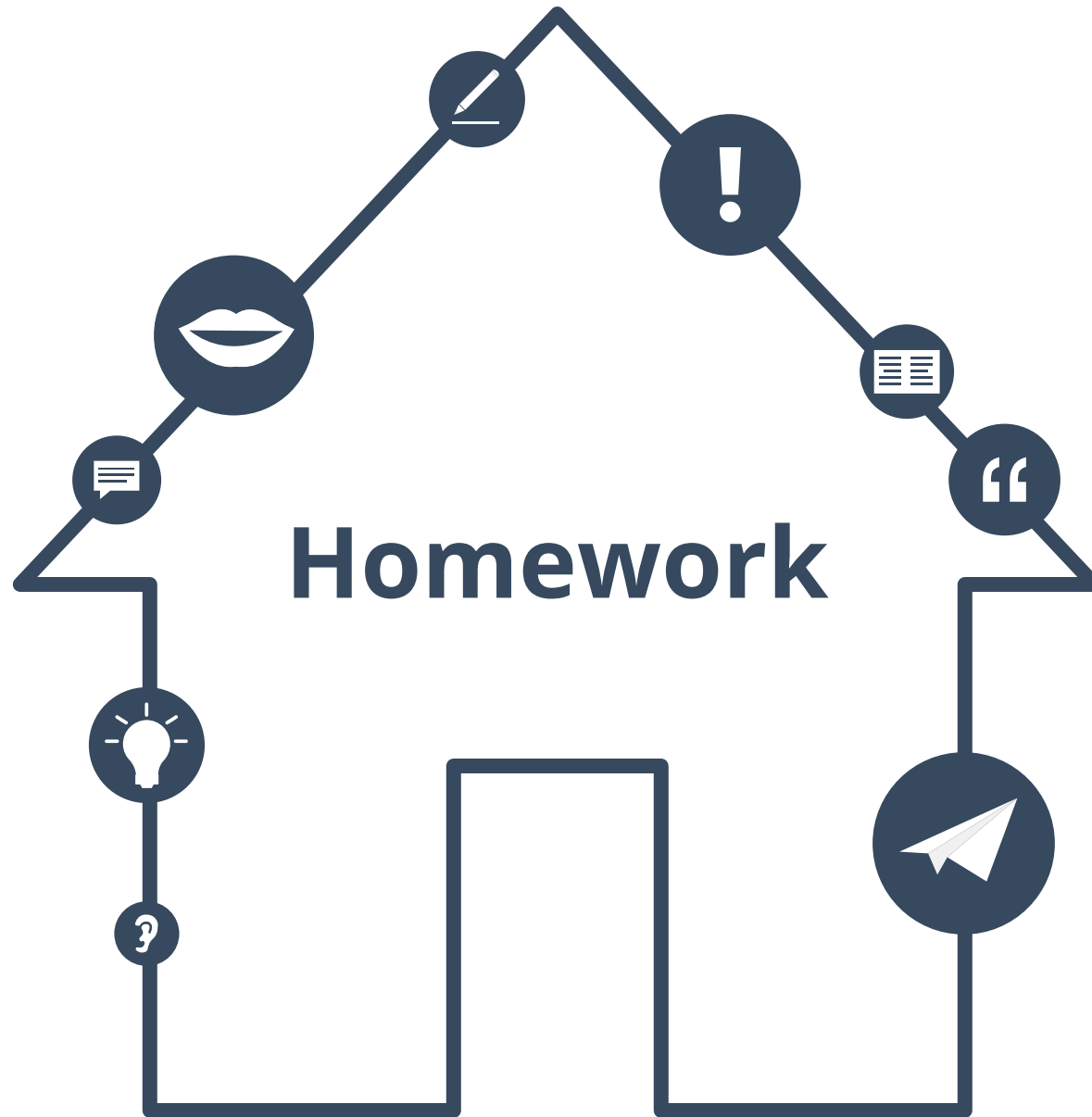


Transcription

Exercise p. 15

Another explanation is that sleep is restorative for our bodies. Some scientists believe that our bodies repair themselves during sleep, while others believe that not sleeping causes damage: two sides of the same coin. Animals deprived of sleep lose immune function and die fairly quickly. Furthermore, there is evidence that sleep is a time when tissues and nerve cells are repaired, and chemical levels in our bodies return to normal.

Finally, the theory on which scientists are focusing at present, is that sleep is the time when our brains recover and renew themselves. New connections between brain cells are made throughout the day and these connections are strengthened during sleep. This is especially important in babies and infants, and may be one of the reasons why they need a lot of sleep. Sleep has also been proven to help in forming and pruning memories; sleep turns short-term memories into long-term ones, and essentially deletes unnecessary memories. The role of dreaming, which was of such interest to Freud, is still in the realms of mystery.





Match the beginnings and endings

1. Sleep is a natural part of our day,...
 2. For many millennia, sleep was...
 3. In the past, sleep made us vulnerable to animal attack,...
 4. Sleep is thought to be especially essential in new-borns and infants...
-
- a. thought to be a time of physical and mental inactivity.
 - b. which means that sleep was a dangerous time for humans.
 - c. because this is when new neural connections are strengthened.
 - d. which is why we rarely think about why we do it.



Homework writing activity

Using the words below, try to rewrite in your own words the final paragraph of the text that you listened to. The text should be between 50 and 70 words long.

brain recovers

neural
connections

memories
formed

babies and
infants

memories
pruned

dreaming





Homework answer key

Exercise p.24
1. D, 2. A, 3. B, 4. C



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