

Unit 8 • Student A

Paragraph Clarifications, II

Focus: Paragraph-by-paragraph clarifications, clarification questions *not* provided

Format: **Triads** – Student B, page 80; Student C, page 139

Topic: Sleep

Before Part 1 of the discussion

- (1) ***Silently*** read your part (A) of the article about sleep in Part 1.
- (2) Write the answers to the *Factual Questions* about the article.

Part 1

- (1) Read this first part of the story to your partners.
- (2) *Stop after each paragraph* to ask your **comprehension check**.
- (3) Answer your partners' **clarification questions**.
- (4) Then ask your partners your *Factual Questions*.

Sleep (A)

1. Researchers are studying sleep. Research shows that people generally have two sleepy times every day: first, in the afternoon, around 2 to 4 p.m., and then around 10 p.m. to midnight. **Do you understand the first paragraph?**

2. Do you understand the expression “a sleep-deprived person”? A sleep-deprived person is someone who doesn't get enough sleep; in other words, they need more sleep than they get. Research shows that a normal person will take 10 to 15 minutes to fall asleep, but a sleep-deprived person will fall asleep in 3 or 4 minutes. **Understand?**

3. If you get sleepy after eating a big dinner, or while listening to a speech or concert, or after drinking a little alcohol, then you are sleep-deprived. If you can't stay awake all day without drinking some coffee or tea, then you are probably sleep-deprived. **Got it?**

Factual Questions about the article

1. How many sleepy times are there every day for most people?

2. What are the sleepy times?

3. What does the expression “a sleep-deprived person” mean?

4. How long does it take a normal person to fall asleep?

5. How long does it take a sleep-deprived person to fall asleep?

6. What are three habits that show that you are sleep-deprived?

Unit 8 is continued on the next page.

Paragraph Clarifications, II

Unit 8, continued • Student A

Parts 2 & 3

- (1) Listen to your partners read the rest of the article.
- (2) When they ask if you understand, ask your own **clarification questions**, *even if you understand clearly*.

Part 4

Reaction Questions about your partners' opinions and experiences. Ask these questions and ask follow-up questions.

Sleeping Habits

- 1. How many hour's sleep do you need to feel good?
- 4. How many hours a night did you sleep when you were in high school?
- 7. Do you usually sleep better if you've gotten exercise during the day?
- 10. If you only sleep two or three hours at night, do you have problems the next day? (For example, do you feel irritable or unfriendly?)
- 13. (Think of two more questions about **sleep** and ask your partners

Unit 8 • Student B

Paragraph Clarifications, II

Focus: Paragraph-by-paragraph clarifications, clarification questions *not* provided

Format: Triads – Student B, page 80; Student C, page 139

Topic: Sleep

Before Part 1 of the discussion

(1) ***Silently*** read your part (B) of the article about sleep in Part 2.

(2) Write the answers to the *Factual Questions* about the article.

Part 1

(1) Listen to your partner (A) read the first part of the article.

(2) When they ask if you understand, ask **your own clarification questions**, *even if you understand clearly*.

Part 2

(1) Read this first part of the story to your partners.

(2) *Stop after each paragraph* to ask your **comprehension check**.

(3) Answer your partners' **clarification questions**.

(4) Then ask your partners your *Factual Questions*.

Sleep (B)

4. About 100 million Americans are sleep-deprived. This means they don't get enough sleep. Most people get only 7 hours of sleep each night, but they *need* 8 to 8 1/2 hours. If you're sleepy during the day, it means you're not sleeping enough at night. **Do you understand that paragraph?**

5. Here is some advice about good sleeping habits. First, you should try to sleep without interruptions. This means you should sleep for 8 hours straight. You should *not* sleep for 5 hours, get up and do something, and then go back to bed and sleep for 3 more hours. **OK?**

6. Second, you should go to sleep at the same time every night and get up at the same time each morning. You should *not* need an alarm clock to wake you up. Many people have trouble going to sleep on Sunday nights because they sleep late Saturday and Sunday mornings. **Got it?**

Unit 8 is continued on the next page.

Paragraph Clarifications, II
Unit 8, continued • Student B

Factual Questions about the article

1. How many million Americans are sleep-deprived: a) 10 b) 50 c) 100 d) 150?
2. Do most people get 8 hours of sleep every night? _____
3. How many hours do most people need?

4. Is it good to sleep for 5 hours, get up and do something, and then sleep 3 more hours?

5. Why do some people have trouble falling asleep on Sunday nights?

6. Should you need an alarm clock to wake you up?

Part 3

- (1) Listen to your partner (A) read the first part of the article.
- (2) When they ask if you understand, ask your own **clarification questions**, *even if you understand clearly*.

Part 4

Reaction Questions about your partners' opinions and experiences. Ask these questions and ask follow-up questions.

Sleeping Habits

2. Usually, when you go to bed, do you fall asleep after 1 or 2 minutes or after 10 minutes?
5. Do you have trouble staying awake during your classes? How about in high school?
8. Is there a type of music that makes you feel sleepy or that you listen to before going to bed?
11. When you feel sleepy, what do you do to feel more awake?
14. (Think of two more questions about **sleep** and ask your partners.)

Unit 8 • Student C

Paragraph Clarifications, II

Focus: Paragraph-by-paragraph clarifications, clarification questions *not* provided

Format: Triads – Student B, page 80; Student C, page 139

Topic: Sleep

Before Part 1 of the discussion

(1) ***Silently*** read your part (C) of the article about sleep in Part 3.

(2) Write the answers to the *Factual Questions* about the article.

Parts 1 & 2

(1) Listen to your partners read the rest of the article.

(2) When they ask if you understand, ask your own **clarification questions**, *even if you understand clearly*.

Part 3

(1) Read this third part of the story to your partners.

(2) *Stop after each paragraph* to ask your **comprehension check**.

(3) Answer your partners' **clarification questions**.

(4) Then ask your partners your *Factual Questions*.

Sleep (c)

7. Here is some more advice for good sleep habits. You should get physical exercise every day. If you exercise, you'll get a deeper sleep and you won't need as much sleep. **Do you understand that paragraph?**

8. Next, if you often have trouble sleeping, you should take a hot bath before going to bed, or read a book for pleasure. Also, you should be sure your bedroom is quiet, dark, and cool. If you go to bed and cannot fall asleep within 20 minutes, you should get up and do something else until you're sleepy. **Got it?**

9. The final piece of advice is about caffeine. You shouldn't drink coffee or tea if you feel sleepy in the middle of the day. Instead of a coffee break, it's better if you take a nap. A 15- to 20-minute nap is very helpful. However, you should not take a nap for more than 20 minutes. If your nap is too long, you'll fall into a deep sleep and you'll feel even more tired when you wake up. **Understand?**

Unit 8 is continued on the next page.

Paragraph Clarifications, II
Student C • Unit 8, continued

Factual Questions about the article

1. Regarding sleep, what are two good effects that you get from doing physical exercise?

2. If you have trouble sleeping, what are two things you can do?

3. What should you do if you can't fall asleep after 20 minutes?

4. If you get sleepy in the middle of the day, which is better for you, to drink some coffee or to take a nap?

5. Is it good to take a nap for an hour? Why (not)?

6. What happens if your nap is too long?

Part 4

Reaction Questions about your partners' opinions and experiences. Ask these questions and ask follow-up questions.

Sleeping Habits

3. Do you sometimes fall asleep while watching movies or TV, or while reading a book?

6. Are you a deep sleeper or light sleeper? (In other words, do you wake up easily if there is noise?)

9. Do you know anyone who doesn't sleep enough?

12. Do you drink or eat when you feel sleepy during the day?

15. (Think of two more questions about **sleep** and ask your partners.)