

Grammar

1 Underline the correct alternative.

- a** The average adult needs about eight hours sleep a night. Some studies, **however / yet / although**, suggest that women need an hour more sleep than men.
- b** Eating a meal just before bed is not recommended. Eating a small snack, **yet / though / although**, can actually help you sleep.
- c** Men tend to dream more about men, **however / but / even though** women, according to research, dream equally about men and women.
- d** We very often dream about ourselves, **despite / although / however** this doesn't start happening until we are about five years old.
- e** Sleepwalkers are technically asleep **even so / even though / despite** they have their eyes open and sometimes even engage in conversation.
- f** Some animals such as cows and elephants can sleep standing up. They can only dream when they are lying down, **yet / even so / however**.
- g** **Even though / Despite / However** many years of research, it is still not known whether fish sleep at all.
- h** Everyone knows the expression 'thinking on your feet', **yet / although / even so** studies have shown that on average we think 10% faster when we are lying down.

2 Complete the news items with the words in the boxes.

but despite even though though

CONSIDERATE CAR THIEF

Joe Davis of Miami is still furious, (1) even though the thief that rifled through his car and took his CDs, cash, driver's licence and credit cards left a nice note behind.

The note read: 'You have amazing taste in music. Don't worry about your credit cards and driver's licence - I know I can't use them ... after tonight, at least. Seriously (2) _____, lock your car in the future.'

The note was handwritten and signed 'P' but (3) _____ the thief's audacity, his or her identity remains unknown.

Police say that a thief leaving a note is rare, (4) _____ that car burglaries are not.

despite even though however
nevertheless yet

FAKE PHONE FELONS

Employees at a mobile phone store arrived at work on Tuesday morning to find that the store had been broken into. (5) _____, the only items missing were hollow replica display phones.

'(6) _____ they look real, they are completely worthless,' said store manager Eva Martinez. 'We've got hundreds of real phones on the premises (7) _____ the thieves just walked right past them. It's a mystery.'

(8) _____ the minimal loss, the store owners (9) _____ reported the theft to local police, who are investigating.

but despite however that said
try as I might

THE CRATE ESCAPE

John Franklin, a cleaner from Illinois, decided last month to post himself to his best friend as a birthday surprise. He climbed into a large crate and got his wife to post him to his friend's house thirty miles away. (10) _____, the crate went missing and (11) _____ Mr Franklin's shouts and frantic banging, his plight was not discovered for six days. '(12) _____, I just couldn't get anyone's attention,' said Franklin. Postal workers recalled hearing faint banging noises, (13) _____ assumed it was the depot's heating system. Franklin's wife described her husband as 'stark raving mad'. '(14) _____, I did get six days' break from his incessant pranks,' she added.

33 Listen and check.

3 Complete the sentences so they are true for you.

- a) Try as I might, I just can't stop eating chocolate.
- b) Strange as it may seem, _____
- c) _____. That said, _____
- d) In spite of my efforts, _____
- e) Try as I might, _____

4 What are the people thinking? Use words from each box in the correct form.

book go not go not steal work

to bed earlier ~~harder~~ to the hairdresser
that car in advance



a) I so wish I'd worked
harder.



b) If only _____



c) I wish _____



d) I really regret _____



e) If only _____

5 Freddie went to a party last night. Rewrite his regrets using the words in brackets.

a) Why on earth did I drink so much? (really wish)
I really wish I hadn't drunk so much.

b) I shouldn't have eaten so much. (really regret)

c) I can't believe I danced with Anna! (wish)

d) It's a pity I didn't get to speak to Katie. (If only)

e) I sang 'I will survive' at karaoke! (so wish)

f) I made a fool of myself. (so regret)



6 Complete these famous quotations about regret by putting the verb into the correct tense or form.

a) I regret not having had (not have) more time with my kids when they were growing up. (Tina Turner, singer)

b) I wish I _____ (invent) blue jeans. They have expression, modesty, sex appeal, simplicity – all I hope for in my clothes. (Yves Saint Laurent, designer)

c) If I _____ (know) I was going to live this long, I _____ (take) better care of myself. (Eubie Blake, musician)

d) I wish they _____ (have) electric guitars in cotton fields back in the good old days. A whole lot of things _____ (be) straightened out. (Jimi Hendrix, musician)

e) I have no regrets. I _____ (not live) my life the way I did if I _____ (go) to worry about what people were going to say. (Ingrid Bergman, actress)

7 Think of some regrets in your life. Write about them by completing the sentences below.

a) It's a real pity _____

b) I really regret _____

c) If only _____

d) I'd have liked _____

Pronunciation

1 34 In speech *had*, *would* and *have* are often contracted. Listen to how they are pronounced in these sentences.

a) I wish you had been there.

b) If you had been there, you would have had a great time.

2 How would the following sentences sound with *had*, *would* and *have* contracted?

a) If only I had gone out last night.

b) I wish I had had more time.

c) If you had been there, you would have loved it.

d) I would like to have gone with you.

e) Peter would have loved it too.

35 Listen and check. Repeat the sentences.

Vocabulary

1 Find ten times of day in the puzzle. One has been done for you. The words go →, ↓ and ↘.

N	D	S	U	N	S	E	T	F
M	I	D	N	I	G	H	T	M
D	B	G	K	N	R	T	J	I
A	U	Y	H	S	O	Q	L	D
W	Z	S	H	T	P	O	H	D
N	B	X	K	Q	F	M	N	A
D	A	Y	B	R	E	A	K	Y
S	U	N	R	I	S	E	L	V
T	W	I	L	I	G	H	T	L

sunrise _____

2 Complete these times of day by adding the missing letters.

- a) the middle of the night
- b) th_w__sm_ll_h__rs
- c) f_rst_thng_n th_m_rnng
- d) l_st_thng_t_nght
- e) th_cr_ck_f_d_wn
- f) m_d-_ft_m__n

3 Complete the sentences with the times of day in Exercise 2.

- a) Sam phoned me from Australia in the middle of the night last night. I think it was about three-thirty. He'd forgotten about the time difference!
- b) I've been waking up at _____ lately. I think it's the sun coming through the curtains that's waking me up.
- c) We'll try and set off _____. We'll have lunch and then pack, so I guess about three-ish.
- d) We stayed up chatting into _____ last night. I think it was about two when we finally went to bed.
- e) I like to read in bed for half an hour _____. It helps me get to sleep.
- f) I'll call you _____. What time do you get up?

4 Complete the descriptions with the words phrases and phrases in the box.

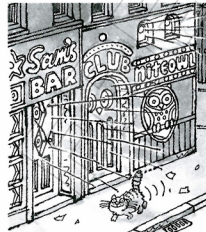
all night long early night hen-night
 nightcap nightlife night on the town
 overnight stag night



a) They're on a hen night



b) They're on a _____



c) There's lots of _____



d) It's an _____ flight.



e) They're having a _____



f) He's been working _____



g) They're having a _____



h) She's having an _____

5 Underline the correct alternative.

- a) It took me ages to **drop off / out** last night.
- b) I like a glass of wine at the end of the day to help me **wind away / down**.
- c) I couldn't get to sleep last night. I was still **totally groggy / alert** at two in the morning.
- d) I was so tired last night I **slept like a tree / log**.
- e) I **went out like a light / night** last night.
- f) The neighbours were having an all-night party last night. I **didn't get a nod / wink of sleep**.
- g) I've always **been a light / gentle sleeper**. The slightest thing wakes me up.
- h) I need a few days rest to **recharge my power / batteries**.

6 Match the expressions in bold in Exercise 5 with expressions with a similar meaning (1-8).

- | | | |
|----------------------------------|--------------------------|----------|
| 1 relax | <input type="checkbox"/> | b |
| 2 fall asleep | <input type="checkbox"/> | |
| 3 slept soundly | <input type="checkbox"/> | |
| 4 completely awake | <input type="checkbox"/> | |
| 5 had a sleepless night | <input type="checkbox"/> | |
| 6 fell asleep immediately | <input type="checkbox"/> | |
| 7 renew my energy levels | <input type="checkbox"/> | |
| 8 woken up easily when disturbed | <input type="checkbox"/> | |

7 Put the words in italics into the correct order in these dialogues.

- a) A: Are you doing anything tonight?
 B: *have No, what did mind? in you No, what did you have in mind?*

- b) A: *to you What this evening? are up*

 B: Nothing special.
- c) A: *drink you go a like 'd wondering I was if sometime? to for*

 B: That sounds great! I'd love to!
- d) A: Fancy coming over for a bite to eat tonight?
 B: *tonight. going but out you, really That's kind of I'm*

- e) A: Are you free on Thursday evening?
 B: *'m on then. 've something I afraid got I*

- f) A: How about a game of tennis on Friday?
 B: *Saturday. free make can't but I'm I Friday, on*

8 Complete the conversation with the words in the box.

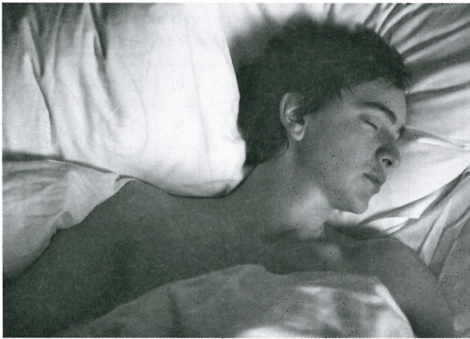


fancied eyes mind shame sounds
 sometime time up up

- Alex: Hi Jim, it's Alex. What are you (1) up to tonight?
- Jim: I'm pretty busy actually. I'm up to my (2) _____ with work at the moment.
- Alex: Oh, that's a (3) _____. I was wondering if you (4) _____ going for a drink?
- Jim: I'd love to, but as I said, I'm really tied (5) _____. Some other (6) _____ perhaps.
- Alex: OK, never (7) _____. Maybe (8) _____ next week?
- Jim: Yes, that (9) _____ good.
- about along could fancies good
 make say then to
- Alex: How (10) _____ Monday or Tuesday?
- Jim: Tuesday sounds (11) _____. We (12) _____ check out that new bar on Ship Street.
- Alex: OK. I hear it's pretty good. Eight thirty?
- Jim: Fine. Actually, could we (13) _____ it a bit later? (14) _____, nine thirty? I've got my sister over for dinner.
- Alex: Fine. Why don't you bring her (15) _____? I haven't seen her for years.
- Jim: OK, I'll see if she (16) _____ it.
- Alex: Great, half nine on Tuesday (17) _____.
- Jim: OK, looking forward (18) _____ it.
- Alex: See you. Bye.
- Jim: Bye.

36 Listen and check.

Reading



1 37 Read the text. Which two of the following are **not** mentioned as a reason why we sleep?

- a) to enable the brain to organise information
- b) to allow the brain to rest and recover
- c) because there is too much demand on the brain at night
- d) to allow muscles and other tissue to rest
- e) allow the body to grow and repair itself
- f) because there is nothing to do at night

2 Read these statements and decide if they are true (T) or false (F) according to the text.

- a) All animals sleep.
- b) Experts know why we sleep.
- c) Body growth occurs at night.
- d) Children who get too much sleep can have growth problems.
- e) Adults who do not get enough sleep are more likely to get ill.
- f) Our ancestors had no reason to be awake at night.
- g) The chemical adenosine is produced when we sleep.
- h) The level of adenosine in the body is related to how tired we feel.

3 Find a word in the text which means:

- a) causing difficulties (paragraph 1)
- b) not having what you need (paragraph 1)
- c) agreement among all people (paragraph 1)
- d) spend time thinking about what has happened (paragraph 2)
- e) recover (paragraph 3)
- f) a time when someone or a machine is not working (paragraph 3)
- g) prevented from growing correctly (paragraph 4)
- h) likelihood of being affected (paragraph 4)
- i) ordinary, lacking excitement (paragraph 5)
- j) argued about (paragraph 6)

Why do we sleep?

Every animal does it and humans on average need between six and nine hours of it each day. And if we don't get enough of it, we suffer the disruptive effects of deprivation such as the inability to perform mental and physical tasks. And yet, despite centuries of research into it and the existence of numerous theories, there is still no general consensus on why we do it.

One theory is that sleep enables the brain to 'take stock' of the day that has just finished and to organise and archive the information and the memories that arise from it. Dreams have long been thought of as a by-product of this process.

Another theory is that sleep provides a period of mental inactivity so that the brain can rest, recharge itself and recuperate; a kind of daily 'down time'.

The biological view is that sleep is the time when the body grows and repairs itself. Growth hormone is released when we sleep and proteins, the body's building blocks, are created at night. Studies have shown that growth in children can be stunted by sleep deprivation and in adults, insufficient sleep increases susceptibility to disease.

However, while there is still possibly some truth in all these theories, there may be a rather more prosaic explanation for why sleep evolved. It is thought that our ancestors slept simply because at night they couldn't see and couldn't do anything to sustain themselves. In other words, there was nothing for them to do and it made sense for them to use this time to rest and conserve energy.

While experts can't agree on why we sleep, the cause of sleep is not disputed. A chemical called adenosine builds up with brain activity during the day and it is believed that once a certain concentration is reached, the chemical begins to 'shut off' connections in the brain, making us feel tired. The more brain activity there is during the day, the more adenosine is produced and the tired we get.

4 What do you think the text is?

- a) a news article
- b) a letter from a doctor
- c) the abstract of an academic paper
- d) a student essay for school or university

Writing

Writing an essay Using concessive discourse markers

1 Look at the essay 'Why do we sleep?' on page 56 and do the following tasks.

- a) Number the following sections in the order in which they occur in the essay:
- Summary of research to date
- What experts agree on
- Background
- The theories
- b) Find an example of where research is mentioned to support a theory.
- _____
- c) What two other words are used instead of 'theory' in paragraphs 4 and 5.
- _____
- d) Find five concessive discourse markers.
- _____
- _____
- _____

2 Complete the sentences with the words in the box. Use each word or phrase once.

another theory despite however
one theory while yet

- a) We all need sleep, _____ no-one knows precisely why we need it.
- b) _____ many years of research, there is no consensus.
- c) _____ is that sleep enables the brain to organise information.
- d) _____ is that sleep allows the brain a period of rest.
- e) Some people can survive on just four hours sleep a night. _____, most people need between six and nine hours a night.
- f) _____ experts agree on the chemical cause of sleep, their opinions differ when it comes to why we sleep.

3 You are going to write an essay that answers the question 'Why do we dream?'

- Use some or all of the notes below for your essay. Add any other information you like.
- Plan the order and the content of the paragraphs.
- Think about how to expand the notes into complete sentences, and how to connect the sentences and paragraphs.
- Try to use concessive and other discourse markers.
- Write your essay. You should write about 250 words.

