

Aula 6

SLEEPING HABITS

META

Discutir hábitos de sono.

OBJETIVO

Ao final desta aula, você deverá ser capaz de:

- Avaliar melhor os seus hábitos de sono
- Expressar desejos e arrependimentos sobre o passado
- Reconhecer expressões idiomáticas relacionadas ao tema da unidade.

PRERREQUISITO

Third Conditional.

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INTRODUCTION

Hello, everyone!

Nesta unidade, trataremos do tema “hábitos de sono”. O repouso diário varia em número de fases, duração e qualidade de uma pessoa para outra, mas todos precisam de um sono adequado na sua rotina. Quando se dorme habitualmente menos que o necessário, é possível desenvolver uma série de problemas de saúde, tais como aumento do risco de diabetes, pressão alta e depressão; há ainda queda nos níveis de atenção e da libido e também irritabilidade, fadiga, ganho de peso e envelhecimento precoce da pele.

De antemão, já fica claro que dormir bem é prioridade, não é mesmo? Algumas pessoas não conseguem dormir para além de um determinado horário pela manhã, ou mesmo sofrem de insônia. Por outro lado, há quem diga até que dormir é até um hobby, e dormem mais que o recomendado.

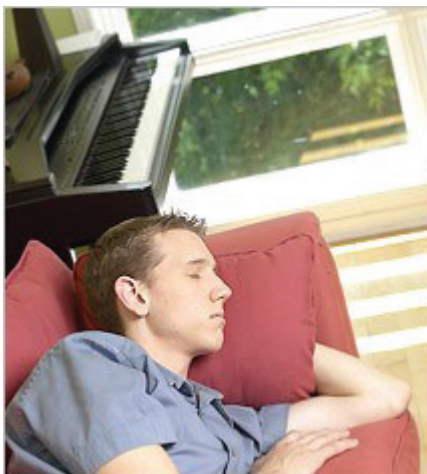
Let's get started!



ATIVIDADE

Você costuma cochilar durante o dia, ou só dorme à noite? Consegue passar um dia bem alerta mesmo acordando muito cedo, sem o auxílio de um descanso adicional? Leia o texto a seguir sobre napping e responda as questões que se seguem.

Daytime Napping



<http://healthysleep.med.harvard.edu/healthy/science/what/sleep-patterns-rem-nrem>

Daytime napping helps to restore one's energy and alertness. Although it is common for people in many western societies to sleep in a single consolidated block of about eight hours during the night, this is by no means the only sleep pattern. In fact, following this schedule and foregoing an afternoon nap would seem highly abnormal to many people around the world.

In many cultures, particularly those with roots in tropical regions, afternoon napping is commonplace and is built into daily routines. And although the exact timing of naps is not officially scheduled, it is not uncommon for stores and government offices to close and for many activities to stop for an hour or two every afternoon.

Afternoon naptime typically coincides with a brief lag in the body's internal alerting signal. This signal, which increases throughout the day to offset the body's increasing drive to sleep, wanes slightly in mid-afternoon, giving sleep drive a slight edge. Napping also typically happens during the warmest period of the day and generally follows a large mid-day meal, which explains why afternoon sleepiness is so often associated with warm afternoon sun and heavy lunches.

Afternoon naps for most people typically last between 30 and 60 minutes. Any longer and there is a risk of falling into deep sleep and having a difficult time waking. Following a nap, having dissipated some of the accumulated sleep drive, many people report feeling better able to stay awake and alert in the late afternoon and evening. This increased alertness typically causes people to go to bed later and generally to sleep less at night than people who do not take naps.

According to sleep experts, napping can be a good way for people who do not sleep well at night to catch up. They do caution, however, that people with insomnia may make their nighttime sleep problem worse by sleeping during the day. Otherwise, they generally recommend naps for people who feel they benefit from them.

Adaptado de <http://healthysleep.med.harvard.edu/healthy/science/what/sleep-patterns-rem-nrem>

- 1) What are the benefits of daytime napping?
- 2) Where in the world is afternoon napping more common?
- 3) Explain the relation between the typical napping time and 3 factors: bodily functions, meals and warmth.
- 4) What is the maximum recommended amount of napping time, and why?
- 5) Are naps recommended? Why is that?

COMENTÁRIO SOBRE A ATIVIDADE

Você encontrou alguma dificuldade na leitura do texto acima? A questão 3 provavelmente demandará uma articulação melhor das ideias para poder ser respondida. Observe, ainda, que a pergunta 1 não é plenamente respondida apenas com o conteúdo do início do texto.



Você costuma ficar acordado até tarde, ou prefere acordar bem cedo? Quem sabe, seu hábito quanto sono não esteja nem em um extremo, nem em outro. Para ajudar a reconhecer essas tendências, responda o quiz a seguir e calcule sua nota no final.

Quiz: Are You an Early Bird or a Night Owl?

Find out what time of day you are most alert. Are you a morning person, a night person, or somewhere in between? Answer each question, keeping a running tally of your scores. At the end of the quiz, add them up to reveal your type.

(1) What time would you get up if you were entirely free to plan your own day?

- A. 5 to 6:30 a.m. (5 points)
- B. 6:30 to 7:45 a.m. (4 points)
- C. 7:45 to 9:45 a.m. (3 points)
- D. 9:45 to 11 a.m. (2 points)
- E. 11 a.m. to noon (1 point)

(2) What time would you go to bed if you were entirely free to plan your evening?

- A. 8 p.m. to 9 p.m. (5 points)
- B. 9 p.m. to 10:15 p.m. (4 points)
- C. 10:15 p.m. to 12:30 a.m. (3 points)
- D. 12:30 a.m. to 1:45 a.m. (2 points)
- E. 1:45 a.m. to 3 a.m. (1 point)

(3) How dependent are you on being woken up by an alarm clock?

- A. Not at all (4 points)
- B. Slightly dependent (3 points)

- C. Fairly dependent (2 points)
- D. Very dependent (1 point)

(4) How easy do you find getting up in the mornings?

- A. Not at all (1 point)
- B. Not very easy (2 points)
- C. Fairly easy (3 points)
- D. Very easy (4 points)

(5) How alert do you feel during the first half-hour after having woken in the morning?

- A. Not at all (1 point)
- B. Not very alert (2 points)
- C. Fairly alert (3 points)
- D. Very alert (4 points)

(6) How is your appetite during the first half-hour after having woken in the morning?

- A. Very poor (1 point)
- B. Fairly poor (2 points)
- C. Fairly good (3 points)
- D. Very good (4 points)

(7) During the first half-hour after having woken in the morning, how tired do you feel?

- A. Very tired (1 point)
- B. Fairly tired (2 points)
- C. Fairly refreshed (3 points)
- D. Very refreshed (4 points)

(8) When you have no commitments the next day, at what time do you go to bed compared to your usual bedtime?

- A. Seldom or never later (4 points)
- B. Less than one hour later (3 points)
- C. 1 to 2 hours later (2 points)
- D. More than two hours later (1 point)

(9) How well would you perform one hour's worth of physical exercise between 7 a.m. and 8 a.m.?

- A. Would be in good form (4 points)
- B. Would be in reasonable form (3 points)
- C. Would find it difficult (2 points)
- D. Would find it very difficult (1 point)

(10) When do you feel tired and in need of sleep?

- A. 8 p.m. to 9 p.m. (5 points)
- B. 9 p.m. to 10:15 p.m. (4 points)
- C. 10:15 p.m. to 12:30 a.m. (3 points)
- D. 12:30 a.m. to 1:45 a.m. (2 points)
- E. 1:45 a.m. to 3 a.m. (1 point)

(11) Which one of the four testing times would you choose to take a two-hour test?

- A. 8 a.m. to 10 a.m. (4 points)
- B. 11 a.m. to 1 p.m. (3 points)
- C. 3 p.m. to 5 p.m. (2 points)
- D. 7 p.m. to 9 p.m. (1 point)

(12) If you went to bed at 11 p.m., how tired would you be?

- A. Not at all (0 points)
- B. A little tired (2 points)
- C. Fairly tired (3 points)
- D. Very tired (5 points)

(13) If you go to bed much later than usual, but don't need to get up at any particular time the next morning, which one of the following events are you most likely to experience?

- A. Will wake up at usual time and will not fall asleep (4 points)
- B. Will wake up at usual time but will doze (3 points)
- C. Will wake up at usual time but will fall asleep again (2 points)
- D. Will not wake up at usual time (1 point)

(14) If you had to stay awake between 4 a.m. and 6 a.m. and you had no commitments the next day, which one of the following alternatives would you choose?

- A. Would not go to bed until after 6 a.m. (1 point)
- B. Would take a nap before 4 a.m. and then sleep after (2 points)
- C. Would take a good sleep before 4 a.m. and then nap after (3 points)
- D. Would take all sleep before 4 a.m. (4 points)

(15) You have to do two hours of hard physical work. You are entirely free to plan your day. Which one of the following times would you choose most to do stuff?

- A. 8 a.m. to 10 a.m. (4 points)
- B. 11 a.m. to 1 p.m. (3 points)
- C. 3 p.m. to 5 p.m. (2 points)
- D. 7 p.m. to 9 p.m. (1 point)

(16) You are planning a hard physical workout with a friend. You will do this for one hour twice a week. The best time for your friend is between 10 p.m. and 11 p.m. How well do you think you would perform at this time?

- A. Would be in good form (1 point)
- B. Would be in reasonable form (2 points)
- C. Would find it difficult (3 points)
- D. Would find it very difficult (4 points)

(17) Suppose that you've graduated high school and you can choose your own work hours. Assume you work a 5-hour day (including breaks) at an interesting job and are paid by your results. Which five consecutive hours would you select?

- A. 3 a.m. to 7:30 a.m. (5 points)
- B. 7:30 a.m. to 12:30 p.m. (4 points)
- C. Between 9 a.m. and 2 p.m. (3 points)
- D. Between 2 p.m. and 7 p.m. (2 points)
- E. 5 p.m. to 3 a.m. (1 point)

(18) At what time of the day do you think that you reach your “feeling best” peak?

- A. 4 a.m. to 7:30 a.m. (5 points)
- B. 7:30 to 9:30 a.m. (4 points)
- C. Between 9:30 a.m. and 4:30 p.m. (3 points)
- D. Between 4:30 p.m. and 9:30 p.m. (2 points)
- E. 9:30 p.m. to 4 a.m. (1 point)

(19) Do you think you are a “morning” or an “evening” type of person?

- A. Definitely a “morning” type (6 points)
- B. Probably a “morning” type (3 points)
- C. Probably an “evening” type (2 points)
- D. Definitely an “evening” type (1 point)

Score results:

70 to 86: Definitely a morning type

59 to 69: Moderately a morning type

42 to 58: Neither type

31 to 41: Moderately an evening type

16 to 30: Definitely an evening type

Retirado de: <https://www.realsimple.com/work-life/life-strategies/time-management/early-bird-night-owl>

COMENTÁRIO SOBRE A ATIVIDADE

O seu resultado lhe foi surpreendente? Compartilhe-o com seus colegas e professores no fórum da disciplina. Você prestou atenção nas expressões do título da atividade? Caso não as conheça, verifique o significado das expressões *early bird* e *night owl*. Há vários outros idioms em inglês no campo semântico de “sleep”. A seguir, faremos uma atividade com 15 deles.



ATIVIDADE

To tuck someone in * Rise and shine * Sleep on it * Sleep like a rock/log * Not lose (any) sleep (over someone or something) * Hit the sack * Sleep in * Sleep tight * Get some beauty sleep * The crack of dawn

1

Julie: Marcus, what time were you up this morning? I thought you weren't home!

Marcus: It's Sunday, and I was exhausted! I chose to _____ and woke up at 10 a.m.

2

Lucy: I'm tired, I had to get up at 8 o'clock this morning.

Ernie: That's not early! I was up at 6:30, right at _____!

Lucy: You're crazy, I would never get up that early.

3

Tim: Dad, dad!

Dad: Yes, Tim?

Tim: Can I watch TV for half an hour longer?

Dad: No, it's bedtime. Now go and get into bed and I will come and _____ you _____.

Tim: Okay!

4

Russell: Lisa! It's 12 o'clock already! Get up!

Lisa: No! I'm sleeping!

Russell: _____, young lady!

5

Steven: So Mark, what do you think of our offer? Does 3 million sound good?

Mark: I don't know Steve, I still need to think about it.

Steven: No problem! I'll tell you what, _____ and let me know in the morning!

6

Joe: Nancy, did you hear those fireworks last night? I couldn't sleep!

Nancy: Oh no, I didn't hear them. I _____! Nothing could wake me up!

7

Mickey: Good night kids! _____, don't let the bedbugs bite!

Andrea: Bedbugs? You're just joking, right?

Mickey: Of course I'm joking! It's just an expression, don't worry!

8

I hope you won't _____ this issue with the printer. I'll call IT in the morning and see if they can fix it.

9

"I've got to get up early tomorrow, so I'm going to _____."

10

_____ is the sleep required in order to feel and look healthy and attractive.

Fontes: <https://www.myenglishteacher.eu>

<https://idioms.thefreedictionary.com>

<http://www.idioms4you.com>

COMENTÁRIO SOBRE A ATIVIDADE

Caso você não tenha conseguido compreender o uso de algumas das expressões, recorra a um bom dicionário para idioms, tal como o <https://dictionary.cambridge.org/dictionary/learner-english>

GRAMÁTICA

Falando sobre dormir, você já se arrependeu por ter dormido demais – ou de menos – em alguma ocasião ou período de sua vida? Ao tratarmos

de eventos do passado sobre os quais temos um desejo ou arrependimento, há uma estrutura específica a ser usada.

Past: Wish and Regrets

Quando nós expressamos um desejo ou arrependimento sobre uma **situação do passado**, usamos a estrutura de terceiro condicional.

I wish/If only + Past Perfect

I wish I **had studied** harder at school when I was a teenager.

I wish we **had seen** that special offer yesterday.

If only I **had studied** harder at school when I was a teenager.

If only we **had seen** that special offer yesterday.



ATIVIDADE

1) Connect the facts on the left to its corresponding regrets on the right:

1	I hate the food at that restaurant...	A	I wish I'd brought my umbrella.
2	It's raining...	B	I wish I hadn't shouted at him.
3	It was freezing in the park...	C	I wish I'd eaten a proper
4	I've got a horrible stomach ache...	D	breakfast.
5	My brother isn't speaking to me...	E	I wish we'd gone to Paris
6	I'm really lonely...	F	I wish I'd worn a coat.
7	I'm hungry...	G	I wish I hadn't eaten so much popcorn.
8	I hated every minute of that holiday...	H	I wish we'd eaten somewhere else.
			I wish I hadn't broken up with my boyfriend.

2) For each of the facts below, pick the corresponding wish or regret:

1. I shouted at my little sister this morning. I feel bad about it now.

a. I wish I had shouted at my little sister

b. I wish I hadn't shouted at my little sister

2. I didn't go to the library yesterday. It's closed today.
- I wish I had gone to the library
 - I wish I hadn't gone to the library
3. I took no notice of the teacher, and I did really badly in the test.
- I wish I had taken more notice
 - I wish I hadn't taken more notice
4. They stayed up really late, and they are very tired, so the boss is most displeased.
- The boss wishes they had stayed up
 - The boss wishes they hadn't stayed up
5. Jack didn't tell his wife he was going to be late, and she got really angry with him.
- Jack wishes he had told his wife
 - Jack wishes he hadn't told his wife
6. Mary told her brother she was going to be late, so he didn't wait for her.
- Mary wishes she had told her brother
 - Mary wishes she hadn't told her brother

3) Now, choose 5 out of the 7 words available in each box in order to complete the questions below:

1. Mary didn't prepare for the interview, and she's sad because she didn't get the job.

_____ prepared for the interview?

wish * wishes * does * had * did * Mary * she

2. I wanted to wash my car, but I didn't have time.

_____ time to wash your car?

does * you'd * had * you * do * wish * have

3. Michael wanted to buy a diamond ring for his girlfriend, but he couldn't afford it.

Does Michael's girlfriend _____ a diamond ring?

wish * wishes * had * hadn't * bought * he * her

4. Maria ate too many sweets when she was a child, and now she has lost her teeth.

Does Maria _____ sweets when she was a child?

eaten * had * hadn't * wish * ate * fewer * she

5. Frank and Bill ran all the way to school, but they were still late.

Do _____ all the way to school?

hadn't * run * ran * they * they * hadn't * wish

Fonte: http://downloads.bbc.co.uk/worldservice/learningenglish/grammarchallenge/pdfs/5_wish_practice.pdf

COMENTÁRIO SOBRE A ATIVIDADE

É possível que dúvidas quanto ao uso do Past Perfect gerem alguma dificuldade ao longo dessa última atividade. Nesse caso, opte por revisar com cuidado o assunto em cadernos de aula anteriores. Além disso, é bom ressaltar que o “wish” pode ser utilizado para se referir a eventos do presente, quando usamos simple past juntamente a ele, tal como em “I wish I had a bicycle”; pode ainda vir acompanhado de would, quando tem relação com algo que nos irrita no presente ou que ocorrerá ou não no futuro, como em “I wish you would stop yelling at me” ou “I wish we would wake up earlier next time”.

CONCLUSÃO

Chegamos ao final de nossa sexta aula! Esperamos que você tenha se interessado na temática que apresentamos aqui. Esperamos que tudo o que foi discutido ganhe vida em sua rotina, tanto na parte linguística quanto na atitudinal, de forma que você possa gerenciar melhor o seu descanso e o seu tempo desperto, caso vivencie alguma dificuldade com isso.



RESUMO

Escolhemos trabalhar com o tema “sono”, seu uso em expressões idiomáticas e algumas informações sobre como se beneficiar ao máximo do nosso descanso de acordo com nossas inclinações pessoais. Estudamos mais sobre como tratar de eventos no passado expressando de desejo ou arrependimento em relação a eles.



AUTO-AVALIAÇÃO

1. Consegui estabelecer relações entre o conteúdo e meus hábitos relacionados aos sono?
2. Ampliei o meu vocabulário em expressões idiomáticas?
3. Sou capaz de melhor expressar gramaticalmente desejos e arrependimentos ligados aos passado?
4. Refleti sobre os horários em que sou mais produtivo e sobre como aproveitar melhor minhas predisposições nesse aspecto?



PRÓXIMA AULA

Na próxima aula, estudaremos “Ecological Footprints and Lifestyle” para refletirmos a respeito de nosso impacto sobre a natureza no cotidiano.

REFERÊNCIAS

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