

# 6A Night night

Laugh and the world laughs with you; snore and you snore alone.  
Anthony Burgess, UK author

**G** used to, be used to, get used to **V** sleep **P** /s/ and /z/

## 1 GRAMMAR used to, be used to, get used to



- a Do you ever have problems sleeping? Why (not)? What kinds of things might make it difficult for people to sleep well?
- b **6.1** Listen to three people, Rafa, Mike, and Steph, who all have problems sleeping at night. What are the main reasons they give? Have any of them managed to solve the problem?
- c **6.2** Listen to six extracts from the listening. Complete the gaps with a few words.

### Rafa

I can't **get used to** <sup>1</sup>\_\_\_\_\_ where there's light coming in from the streetlights outside.  
I always **used to** <sup>2</sup>\_\_\_\_\_.

### Mike

The main problem is that my body's **used to** <sup>3</sup>\_\_\_\_\_, not during the day.  
It's very hard to **get used to** <sup>4</sup>\_\_\_\_\_ all night.  
Before I became a policeman, I **used to** <sup>5</sup>\_\_\_\_\_ hours a night.

### Steph

And just when I'm finally **used to** <sup>6</sup>\_\_\_\_\_, then it's time to fly back to the UK.

- d Look the **highlighted** phrases. Answer the questions with a partner.
- 1 What do you think *used to* means after *be / get*?  
a tired of b accustomed to c good at
  - 2 What's the difference between *be + adjective*, e.g. *be old*, *be used to*, and *get + adjective*, e.g. *get old*, *get used to*?
  - 3 What form does the verb take after *used to* and *be / get used to*?

## e **G** p.142 Grammar Bank 6A

- f Talk to a partner. Ask for and give more information.

- 1 When you were a young child, did you use to...?
  - share a room with a brother or sister
  - sleep with the light on
  - wake up very early in the morning
- 2 Do you ever have problems sleeping when you're staying somewhere new or different that you aren't used to (e.g. in a hotel)?
- 3 Do you think you would find it difficult to get used to...?
  - always going to bed after midnight
  - getting up at 5.30 a.m. every day
  - travelling long-haul very often

## 2 PRONUNCIATION /s/ and /z/

- a **6.5** Listen to sentences 1–3. In which one is *used to* pronounced differently? What's the difference?

- 1 I **used to** get up really late, but now I get up early.
- 2 It often takes time to get **used to** sleeping in a new bed.
- 3 Valerian is a herb which is **used to** help people to sleep better.

- b **6.6** Listen and repeat some pairs of words where the only difference in pronunciation is the final s or z.



- |            |         |
|------------|---------|
| 1 a loose  | b lose  |
| 2 a bus    | b buzz  |
| 3 a course | b cause |
| 4 a ice    | b eyes  |
| 5 a race   | b raise |
| 6 a peace  | b peas  |
| 7 a price  | b prize |
| 8 a place  | b plays |

- c **6.7** Listen to some sentences with words from **b**. Which word do you hear each time? In 1–4 the context will help you, but not in 5–8.

- d Practise with a partner. Say one word from each pair in **b** to your partner. He / She must say if it's a or b.



### 3 READING

- a Look at the title of the article below and read the first paragraph. What exactly is *segmented sleep*?

## The way we used to sleep

### The forgotten benefits of segmented sleep

Sleeping for eight hours a night without waking up is not natural human behaviour. For centuries, 'segmented sleep' was standard. People used to go to bed quite early, sleep for a few hours, wake for an hour or two around midnight, and then sleep for about another three or four hours until sunrise.

This time when people were awake was called 'the watch', and it was used for all sorts of activities. It was a chance to meditate and think about vivid dreams. More active people used the hour to visit sick family members, do housework, or even steal from the neighbours under the cover of darkness! It was an hour typically free from social demands. One 15th-century Italian woman wrote that it was a time when she was able to sew or write letters in privacy, when she was not 'surrounded by men, performing jobs for men'. Doctors also believed in the medical benefits that came from changing sleeping position, or taking medication during the watch. The practice of 'first sleep' and 'second sleep' is mentioned by many great authors, including Homer, Chaucer, Austen, Dickens, and Tolstoy.

Since we've got used to artificial light, however, segmented sleep has become both unfashionable and harder to achieve. We've now lost that hour between sleeps, a time when we can be awake and alone with our thoughts. Segmented sleep is arguably more natural than the sleep we experience nowadays. People who regularly wake in the night will no doubt be relieved to hear that there's nothing wrong with them.



- c Read about photographer Brennan Wenck-Reilly, who is usually awake during the night. Answer the questions.

- 1 How long is he usually awake for?
- 2 What does he do with the time?

## Things people do at night

### Brennan Wenck-Reilly, 36, San Francisco, USA

I spent two years living high up in the Andes, in Chacopampa in Bolivia. I was in the Peace Corps, a volunteer organization run through the US government. Chacopampa was a town that had no electricity 90% of the time. We <sup>1</sup>u\_\_\_\_\_ to follow the patterns of the sun, that is, I'd go to bed between 8.00 and 9.00 and get up at about 6 a.m. But at around midnight I'd wake up and then I'd be up till 3.00 a.m. or so. In those hours <sup>2</sup>b\_\_\_\_\_ midnight and 3.00, I would normally read, sometimes as much as 100 pages of a book.

When I got back to San Francisco, I'd <sup>3</sup>g\_\_\_\_\_ used to sleeping like this, and somehow, I carried on with it.

I <sup>4</sup>w\_\_\_\_\_ go to bed around 9.00, wake up between midnight and 1.00 a.m., and then be up until about 4.00. Then I'd sleep till 7.00 or 8.00. My wife and I lived in a one-bedroom apartment, and my wife is a fairly <sup>5</sup>l\_\_\_\_\_ sleeper, so my best option was to get out of the house. That's when I started doing night photography.

San Francisco at that hour is quite magical. I often find <sup>6</sup>m\_\_\_\_\_ alone on the streets, or at the beach, in the woods. Part of the adventure is finding new locations, part is the solitude, and the reward is the image I get to take home. One of my favourites is this one of Angel Island. It was quite <sup>7</sup>w\_\_\_\_\_, as you can see from the grass in the foreground.

If I don't <sup>8</sup>l\_\_\_\_\_ the house, I'll work on framing photos, or grading (I'm also a teacher), and sometimes I'll simply put on a movie. I also sometimes run – I used to have a running partner who lived a couple of blocks away. A couple of times a week we'd text each other around 1.00 or 2.00 a.m., and then meet at the street corner and run for about an hour. That lasted about a year, then we both <sup>9</sup>e\_\_\_\_\_ up moving away. Now I have young kids, but I long for them to be more independent so that I can once again go back to my sleep pattern.

*Brennan is now running courses in night photography.*



- d Read the text again and complete the gaps.
- e In pairs, explain why Brennan mentions these things.

the sun 100 pages one bedroom the woods  
Angel Island grading the street corner young kids

- f If you woke up for an hour every night, what do you think you would do with the time?

- b Now read the whole article and answer the questions.

- 1 What kinds of things would people do during 'the watch'?
- 2 Was segmented sleep considered a good thing?
- 3 Why don't we sleep like this nowadays?



#### 4 VOCABULARY sleep

- a Read some facts about sleep. Which did you find the most surprising? Were there any facts you already knew?

## FASCINATING FACTS ABOUT SLEEP

Studies have shown that male students **yawn** longer and more often than female students.



Many people have a **nap** after lunch. The so-called 'post-lunch dip' is because we naturally feel **sleepy** at two times of day: 2.00 a.m. and 2.00 p.m.



People who **snore** can make a noise as loud as 100 decibels, equivalent to a pneumatic drill.



Covering yourself with heavy **blankets** can help you relax and get a better night's sleep. The pressure on the body produces serotonin, a chemical that helps with sleep, mood, and digestion.



People often change their **sheets**, but up to one third of the weight of a **pillow** can be made up of dead skin and bugs. And if you don't wash a **duvet** at least every six months, it can contain up to 20,000 live dust mites.



Scientists have produced flies which have **insomnia**. They lose their balance more often, are slower learners, and gain more fat – the same as humans who don't get enough sleep.



If you have taken **sleeping pills**, you aren't actually asleep, you're sedated. Some researchers think that this can cause memory problems.





- b Look at the **bold** words in a. In pairs, work out their meaning from the context.
- c Now look at some words and phrases about sleeping habits. With a partner, say what you think they mean.

be a light sleeper    fall asleep  
be fast asleep    have nightmares  
 keep you awake    oversleep  
set the alarm    sleep like a log    sleepwalk

- d Work in pairs. Do the Vocabulary race.

When your teacher says 'go', write the correct word or phrase from a–c in the column on the right. As soon as you finish, put your hand up.

1 Most people start feeling <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> at around 11.00 p.m.	<i>sleepy</i>
2 When people are tired they often open their mouth and <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
3 When they get into bed, they put their head on the <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
4 In bed, many people sleep under a <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> filled with feathers or synthetic material.	
5 Other people prefer to sleep under <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> and <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
6 Some people can't sleep because they suffer from <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
7 People sometimes have to take <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> to help them go to sleep.	
8 Some people who are asleep make a loud noise when they breathe, i.e. they <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
9 In hot countries, it's common to have a short <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> in the afternoon.	
10 A person who sleeps well ' <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> '.	
11 Someone who doesn't sleep very deeply is a <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
12 Some children <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> if they watch scary films before bedtime.	
13 If you drink coffee in the evening, it may <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
14 In the middle of the night, most people are <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
15 As many as 15% of people <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> during the night, getting out of bed and even getting dressed or eating.	
16 When people need to get up early, they often <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> (clock).	
17 If you don't hear your alarm, you might <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> .	
18 According to one study, 4.7% of Americans <span style="background-color: #ccc; border: 1px solid #ccc; display: inline-block; width: 15px; height: 15px;"></span> while driving.	

- e 6.8 Listen and check. Did the pair who finished first also get the most correct answers?



## 5 LISTENING

- a You're going to listen to a podcast by sleep expert Dr Neil Stanley. First, with a partner, discuss how you think he might complete sentences 1–8 below about his bedtime routine.



- 1 I sleep in a different \_\_\_\_\_ from my partner.
  - 2 I sleep under natural \_\_\_\_\_.
  - 3 I'm obsessive about \_\_\_\_\_.
  - 4 I sleep with the \_\_\_\_\_ open.
  - 5 I don't have \_\_\_\_\_ late.
  - 6 I drink \_\_\_\_\_ in the evenings.
  - 7 I need \_\_\_\_\_ hours' sleep.
  - 8 I \_\_\_\_\_ before going to sleep.
- b 6.9 Now listen to the podcast and complete the gaps with a word or number. Did you guess any of them correctly in a? Were you surprised by anything he does? What kind of person do you think he is?
- c Listen again. Then with a partner, explain Dr Stanley's reasons, using the prompts below.
- 1 Because then you don't...
  - 2 Because you don't sleep well if...
  - 3 Because it's really important to...
  - 4 Because you need...
  - 5 Because your body...
  - 6 Because he isn't...
  - 7 Because that's the amount...
  - 8 Because it's his way of...
- d Look again at the list in a. Do you normally do any of these things? Are there any that you would like to be able to do?

## 6 SPEAKING

In pairs, **A** ask the **green** questions, and **B** ask the **red** questions. Ask for and give as much information as possible, and react to what your partner says.

Do you usually sleep with your bedroom completely dark, or with the curtains or blinds open? Do you have problems sleeping if there's too much or not enough light for you? What temperature do you like the bedroom to be?

Have you ever worked at night? Did you have any problems sleeping the next day? Why (not)? Do you think you would be able to work at night and sleep during the day for a long period?

Do you take, or have you ever taken, sleeping pills? Do you have any tips for people who suffer from insomnia?

Do you watch TV in bed on a tablet or other device? Do you ever fall asleep while you're watching a programme?

Did you use to have a bedtime routine when you were a child? Would someone read to you in bed? Did you have a favourite story?

Are you a light sleeper, or do you usually sleep like a log? Do you use something to help you wake up in the morning?

Do you often have nightmares or recurring dreams? Do you ever remember what your dreams were about? Do you ever try to interpret your dreams?

Do you snore? Have you ever had to share a room with someone who snores? Was this a problem?

Do you find it difficult to sleep when you're travelling, e.g. in buses or planes? What do you do if you can't get to sleep?

Have you ever flown long haul? Where to? Did you get jet lag? How long did it take you to get used to the different time zone?

Have you ever stayed up all night to revise for an exam the next day? How well did you do in the exam?

Have you ever overslept and missed something important? What was it?

Do you ever have a nap after lunch or at any other time during the day? How long do you sleep for? How do you feel when you wake up?

Have you ever fallen asleep at an embarrassing moment, e.g. during a class or in a meeting?



# 6B

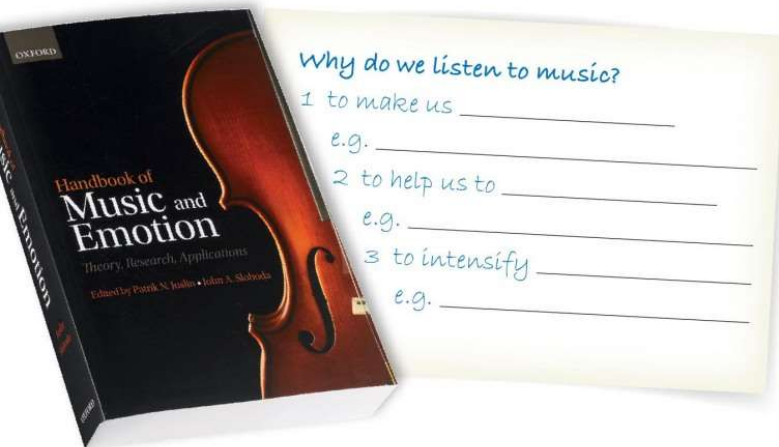
## Music to my ears

Music with dinner is an insult both to the cook and the violinist.  
G.K. Chesterton, UK author

**G** gerunds and infinitives **V** music **P** words from other languages

### 1 LISTENING & SPEAKING

- a On a typical day, do you listen to music? When and where? How? Do you listen to different kinds of music at different times of day? What makes you choose one kind of music over another?
- b **6.10** Listen to Part 1 of a talk by John Sloboda, a music psychologist, about why we listen to music. Complete the reasons and examples 1–3 by writing key words or phrases.



- c Compare your notes with a partner, and try to remember more about what John said. Then listen again and add to your notes.
- d Can you think of times when you listen to music for one of these three reasons? What kinds of music do you listen to?
- e **6.11** Now listen to extracts from four pieces of music that John is going to mention in Part 2 of his talk. How do they make you feel?
- the first movement of Beethoven's *Seventh Symphony*
  - Mars*, from *The Planets*, by Holst
  - Albinoni's *Adagio for Strings*
  - the music from the Hitchcock film *Psycho*

- f **6.12** Now listen to Part 2, where John explains why music can affect the way we feel. Complete the rest of the notes.

#### The human voice:

happy = people speak \_\_\_\_\_, the voice is \_\_\_\_\_  
sad = people speak \_\_\_\_\_, the voice is \_\_\_\_\_  
angry = people \_\_\_\_\_ their voices or \_\_\_\_\_

#### Music copies the human voice:

1 \_\_\_\_\_ music sounds happy.  
2 \_\_\_\_\_ music with \_\_\_\_\_ pitches sounds sad.  
3 \_\_\_\_\_ music with \_\_\_\_\_ rhythms sounds angry.

#### Emotions related to pieces of music:

1 \_\_\_\_\_ = the Beethoven  
2 \_\_\_\_\_ = the Holst  
3 \_\_\_\_\_ = the Albinoni  
4 \_\_\_\_\_ = the film music from *Psycho*

- g Talk to a partner, and give reasons.

#### What music would you play...?

- if you were preparing to go out and feeling happy and excited about it
- if you wanted to create a romantic atmosphere
- if you were feeling furious about something or somebody
- if you were feeling stressed or nervous
- if you were feeling depressed

*If I was feeling depressed, I'd play Someone Like You by Adele, because it makes me cry. It was my ex's favourite song...*

### 2 GRAMMAR gerunds and infinitives

- a Look at some extracts from the listening in 1b. Put the verbs in brackets in the infinitive (with or without to) or the gerund (-ing form).
- Firstly, we listen to music to make us \_\_\_\_\_ important moments in the past. (**remember**)
  - When we hear a certain piece of music, we remember \_\_\_\_\_ it for the first time... (**hear**)
  - If we want \_\_\_\_\_ from one activity to another, we often use music to help us \_\_\_\_\_ the change. (**go, make**)
- b **6.13** Listen and check.







### 3 VOCABULARY & PRONUNCIATION

music; words from other languages

- a 6.16 Listen to some instruments and musicians and match them to a word in the lists.

#### instruments

- a bass guitar
- drums
- a keyboard
- a violin
- a cello
- a flute
- a saxophone

#### musicians

- a choir
- an orchestra
- a conductor
- a soprano



- c Look at sentences 1 and 2. Match the meaning of *remember* to A and B.

- 1 I **remember** meeting him for the first time.
- 2 Please **remember** to meet him at the station.

- A  to not forget to do sth; to do what you have to do
- B  to have or keep an image in your memory of sth you did or that happened in the past

- d p.143 Grammar Bank 6B

- e Tell your partner about...

- a piece of music you'll never forget hearing for the first time.
- something you sometimes forget to do before you leave the house in the morning.
- something you remember doing before you were five years old.
- something you must remember to do today or this week.
- a job that needs doing in your house / flat (e.g. the kitchen ceiling needs repainting).
- something you need to do this evening.
- a skill you tried to learn but couldn't.
- something you've tried doing when you can't sleep at night.



- b 6.17 Listen and check. Practise saying the words. Then in pairs, try to add more words to the two groups. Can you play any of the instruments?

#### Foreign words that are used in English

English has 'borrowed' many words from other languages. In the field of music, many words come from Italian, Greek, and French. The English pronunciation is often similar to the pronunciation in the original language, e.g. *c* before *i* and *e* in words from Italian is /tʃ/, as in *cello* and *ciao*; and *ch* in words from Greek is /k/, as in *choir* and *orchestra*.

- c In pairs, look at the 'borrowed' words below and try to say them. Underline the stressed syllable.

#### Borrowed from...

<b>Italian</b>	concerto /kən'tʃeɪtəʊ/	mezzo-soprano /metsəʊ sə'prɑ:nəʊ/	
<b>Greek</b>	chorus /'kɔ:ɪrəs/	rhythm /'rɪðm/	symphony /'sɪmfəni/
<b>French</b>	ballet /'bæleɪ/	encore /'ɒŋkɔ:/	genre /'ʒɒnrə/

- d 6.18 Listen and check. How are the **pink** letters pronounced?
- e Which language do you think these words come from? With a partner, write **I** (Italian), **G** (Greek), or **F** (French). Do you know what they all mean?

architecture  barista  bouquet  cappuccino   
 chauffeur  chef  chic  croissant  fiancé  graffiti   
 hypochondriac  macchiato  microphone  paparazzi   
 philosophy  psychic  psychologist  villa

- f 6.19 Listen and check. Practise saying the words.

- g Does your mother tongue borrow words from other languages? Which languages in particular? In which fields (music, food, technology, etc.) are there a lot of 'borrowed' words?



## 4 READING

- a Do you normally listen to music when you're working or studying? What kinds of music?
- b Quickly read an article about some research into music and work habits. Choose the best summary of the research findings.
- 1 Music helps you work better.
  - 2 Choose the right music for the right task.
  - 3 Classical music is best for creative thinking.

### Music while you work?

Some prefer to work in silence. Others find playing their favourite tunes loudly helps them to be productive. Up till now, it has been a matter of personal preference. But recently, scientific research has uncovered that listening to music while you work <sup>1</sup>\_\_\_\_ – although, it depends on <sup>2</sup>\_\_\_\_\_.

A study by Simone Ritter, at Radboud University in the Netherlands, and Sam Ferguson, at the University of Technology in Sydney, Australia, looked at how <sup>3</sup>\_\_\_\_, compared to working in silence. In their study, Ritter and Ferguson divided 155 volunteers into five groups, which were then given tasks to complete. Four of the groups did so while <sup>4</sup>\_\_\_\_, such as Holst's *Mars* and Vivaldi's *Spring*. The fifth group worked in silence.

Their study found that happy music improved 'divergent thinking', which is all about creativity. However, they found that it had no impact on 'convergent thinking', which is all about problem solving. So, if you need to be creative with your work, then you should <sup>5</sup>\_\_\_\_. But if you're trying to solve a problem, you're better off <sup>6</sup>\_\_\_\_\_.

Adapted from The Telegraph

- c Read the article again. Complete the gaps with phrases A–F.

- A listening to classical music aimed at stimulating different moods  
B can actually be beneficial  
C put on some uplifting music to help get your brain working  
D listening to various types of music affected different types of thinking  
E opting for quiet solitude  
F what you're trying to achieve

- d Think about what you said in a. Would you now do anything different, based on the research?

- e You're going to read what four doctors say about playing music while they work. First, look at the photo and answer the questions with a partner.

- 1 Do you think that doing an operation is more of a creative task or more of a problem-solving task?
- 2 What do you think might be the advantages and disadvantages of having music in the operating theatre?

- f Now read what the doctors say. Did they mention any of the things you discussed in e? In a discussion between these four doctors, what would the general consensus be – music or no music while you work?

## What doctors listen to in the operating theatre

### RAMON TAHMASSEBI, orthopaedic surgeon

If I play cool music, it puts me in a better mood and I perform better. You want something that will get you in the right frame of mind, but what you pick depends on the length and the complexity of the operation – I try to have some crowd-pleasers, some easy listening, some singalong tracks. Last week, I started a big, three-hour operation at 4 p.m., and the team was supposed to finish work at 5 p.m. But I had a playlist, and afterwards everyone told me they were having fun, so they didn't mind staying late.

### SAFINA ALI, head and neck surgeon

When you are operating, it is soothing and calming to have music. I listen to everything from hip-hop to classical. When I was training, I had to listen to Bruce Springsteen for ten hours at a time, because my boss loved him. My current boss likes to have classical music on, but we change it when he leaves. Most of the nurses are younger, so it's nice to have contemporary music like Taylor Swift, because you can talk about it. I prefer music to silence – it's too eerie; I feel like I am on my own.

### SAMER NASHEF, cardiac surgeon

I never have music in the operating theatre. Firstly, it's almost impossible to find a genre that fits the musical tastes of the 12 or so people it takes to do a heart operation. Secondly,

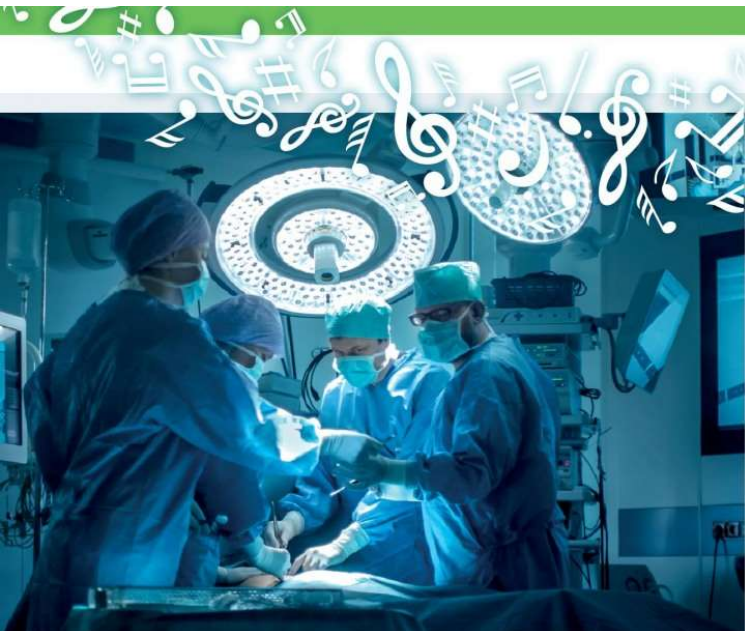
- g Read the article again. Write **RT**, **SA**, **SN**, or **GW**.

Who says that...?

- 1  it's very difficult to choose music that everyone likes
- 2  the choice of music depends on the type of operation
- 3  playing a variety of music tends to motivate the team
- 4  working in silence makes them feel alone
- 5  he / she sometimes switches off the music in the middle of an operation
- 6  his / her colleagues often choose the music
- 7  music gets in the way of doing the job well
- 8  he / she plays different music to suit different patients

- h With a partner, create a playlist of five songs that would help you to do a creative group task.





music, if it's emotionally engaging, is distracting, and if it's bland lift music, it's irritating. The real reason, however, is communication. Those 12 people need to be able to talk to each other, to provide information, ask questions, hear the answers, and act – any extraneous noise interferes with that.

**GABRIEL WESTON, skin cancer surgeon**

I do surgery on people's faces using local anaesthetic, and they're awake during the operation. So I use music to get them to relax. Broadly, older people prefer classical and younger people prefer pop. I think it's sensible to let them know you care about their feelings. If there is a point when things get serious, you turn the music off. But in planned operations, there are long stretches when you're doing something you've done many times, but it still requires meticulousness, and music is good for this.

Adapted from The Guardian

## 5 SPEAKING

Work in small groups. Discuss the statements below. Do you agree? Why (not)?

The music that means the most to you is the music you listen to as a teenager.

When music is sung, the lyrics are as important as the music.

You always enjoy music more when you listen to it live.

The best decade for pop music was the 70s.

People who listen to classical music are generally more intelligent.

People who go to music festivals don't really go to listen to the music.

Most young people nowadays are not interested in opera and classical music.

All schoolchildren should be taught to play a musical instrument.

Anyone can learn to sing.

## 6 VIDEO LISTENING



- a Watch an interview with pianist Isata Kanneh-Mason. What is unusual about her family? Why does the interviewer say that the future looks bright for the Kanneh-Mason children?
- b Watch the interview again and answer the questions.
  - 1 How did she first get interested in classical music?
  - 2 What happened to her when she was 17?
  - 3 What is her position in the family?
  - 4 What instrument does her brother Sheku play, and how has he been successful?
  - 5 What kind of relationship do the siblings have?
  - 6 What sacrifices did Isata and her siblings make when they were growing up, and how did they feel about it?
  - 7 What is Isata's main reason for choosing a piece of music, and why?
  - 8 What does she mean when she says 'I'm just so lucky that my escape is what I do'?
- c Do you know any very musical people or families, or a family where they are mostly interested in or good at the same thing?





## GRAMMAR

- a Complete the second sentence so that it means the same as the first.
- They escaped from the jungle because they found the river.  
They wouldn't have escaped from the jungle if they \_\_\_\_\_ the river.
  - I can't go to dance classes because I work in the evening.  
I would be able to go to dance classes if I \_\_\_\_\_ in the evening.
  - We went to that restaurant because you recommended it.  
We \_\_\_\_\_ to that restaurant if you hadn't recommended it.
  - Marta goes to bed late, so she's always tired in the morning.  
If Marta didn't go to bed late, she \_\_\_\_\_ so tired in the morning.
  - It's a pity I can't speak French.  
I wish \_\_\_\_\_ French.
  - I regret not learning to play the piano when I was younger.  
I wish I \_\_\_\_\_ the piano when I was younger.
  - I hate seeing your dirty clothes on the floor.  
I wish \_\_\_\_\_ your dirty clothes on the floor.
  - After living in London for a year I still find driving on the left difficult.  
After living in London for a year I still can't get \_\_\_\_\_ on the left.
  - My hair was very long when I was a child.  
When I was a child, I used \_\_\_\_\_ very long hair.
  - I get up very early, but it's not a problem for me now.  
I'm used \_\_\_\_\_ very early.
- b Complete the sentences with the correct form of the **bold** verb.
- I don't remember \_\_\_\_\_ you before. **meet**
  - My hair needs \_\_\_\_\_. I'm going to book an appointment at the hairdresser's. **cut**
  - We managed \_\_\_\_\_ to the airport on time. **get**
  - Please try \_\_\_\_\_ late tomorrow. **not be**
  - My sister isn't used to \_\_\_\_\_ in such a big company. She was self-employed until recently. **work**

## VOCABULARY

- a Complete the sentences with an adjective expressing a feeling.
- Our son played brilliantly in the concert! We felt very pr\_\_\_\_\_.
  - I'm feeling a bit h\_\_\_\_\_. I really miss my family.
  - Thanks for lending me the money. I'm very gr\_\_\_\_\_.
  - I shouldn't have bought that bag – it was so expensive. Now I feel really g\_\_\_\_\_.
  - When I heard that I'd won the prize I was completely st\_\_\_\_\_. I couldn't say anything!
- b Complete the sentences with the correct form of the **bold** word.
- That walk was \_\_\_\_\_. I need a good rest now. **exhaust**
  - I was really \_\_\_\_\_ when I read Tim's email. **shock**
  - You really \_\_\_\_\_ me at the party last night! **embarrass**
  - It's very \_\_\_\_\_ when you think that you are going to miss your flight. **stress**
  - It \_\_\_\_\_ me when people who don't know me use my first name. **annoy**
  - Last night's concert was really \_\_\_\_\_. The orchestra didn't play well at all. **disappoint**
  - It always \_\_\_\_\_ me that people actually enjoy doing risky sports. **amaze**
  - We were \_\_\_\_\_ when we heard the news. **horrify**
  - What you said to Ruth was rather \_\_\_\_\_. I think you should apologize. **offend**
  - It was an incredibly \_\_\_\_\_ film! **scare**
- c Complete the missing words.
- Could I have an extra p\_\_\_\_\_ for my bed, please?
  - My husband says I sn\_\_\_\_\_ really loudly at night.
  - I didn't sleep last night, so I'm going to have a n\_\_\_\_\_ now.
  - Last night I had a horrible n\_\_\_\_\_. I dreamt that I was lost in the jungle.
  - Don't forget to s\_\_\_\_\_ the alarm for tomorrow morning.
- d Write the words for the definitions.
- \_\_\_\_\_ the person who directs an orchestra
  - \_\_\_\_\_ a group of people who sing together
  - \_\_\_\_\_ a stringed instrument that you hold between your knees
  - \_\_\_\_\_ a woman who sings with a very high voice
  - \_\_\_\_\_ an electronic musical instrument, like a piano



## PRONUNCIATION

a Circle the word with a different sound.

1	 sleepy delighted relieved keyboard	4	 raise miserable lose homesick
2	 alarm yawn soprano guitar	5	 orchestra chorus psychology chic
3	 loose place eyes course		

b Underline the main stressed syllable.

- 1 ab|so|lute|ly      3 in|fu|ri|a|ting      5 sleep|walk  
2 de|va|sta|ted      4 in|som|ni|a

## CAN YOU understand this text?

a Read the article once. According to Dr Breus, what kinds of music should you listen to before going to sleep?

b Read the article again and choose the best words to fill the gaps.

- a after   b while   c between
- a effective   b affectionate   c harmful
- a active   b relaxed   c alert
- a adjust   b increase   c stop
- a pride   b excitement   c boredom
- a advise   b forbid   c order
- a last   b first   c next
- a possibly   b likely   c probably
- a deeper   b comfortable   c uncomfortable
- a as   b because   c if

## ▶ CAN YOU understand these people?

▶ 6.20 Watch or listen and choose a, b, or c.



1 Christopher   2 Lemuel   3 Mary   4 Martina

- If Christopher was left alone on a desert island, he thinks \_\_\_\_\_.
  - he would survive well because he was a boy scout
  - he wouldn't worry too much about being rescued
  - he would have an idea from films about what to do
- Lemuel finds it annoying when other people \_\_\_\_\_.
  - talk during lectures
  - don't walk fast enough in the street
  - bite their nails
- Mary sometimes has problems sleeping when \_\_\_\_\_.
  - she's feeling depressed
  - her bedroom is too warm
  - she's been reading an exciting book
- Martina likes listening to country music to help her to \_\_\_\_\_.
  - wake up
  - feel more energized
  - relax in the evening

# How you can use music to sleep better

## by Dr Michael Breus

Music is a regular fixture in my daily life. I listen to music to keep motivated <sup>1</sup> \_\_\_\_\_ I exercise or work, to relax me when I travel, and to unwind before bed. It's especially <sup>2</sup> \_\_\_\_\_ on nights when I'm feeling tense.

**Slow beats are best.** The body and brain are highly responsive to music, including its rhythm and tempo. Use up-tempo songs to get you moving in the morning, or to keep you <sup>3</sup> \_\_\_\_\_ on a long drive. To move your body into sleep mode, use songs that have a rhythm of about 60–80 beats per minute – you can find lots of examples on YouTube. Your heart rate will <sup>4</sup> \_\_\_\_\_ to match these slower beats, and your breathing will slow down, putting you closer to a sleeping state.

**Avoid emotional triggers.** Don't listen to music that makes you feel strong emotions, whether sadness or <sup>5</sup> \_\_\_\_\_. These are not the songs you want to listen to at bedtime.

**Go lyric-free.** Lyrics can be mentally stimulating. I <sup>6</sup> \_\_\_\_\_ my patients to choose music without words at bedtime. Give the cognitive centres of your brain a rest, rather than lighting them up.

**Be consistent.** Research suggests that the beneficial effects of music for sleep get stronger over time. If you're stressed out in the evenings, your new music routine might not make an immediate difference in the <sup>7</sup> \_\_\_\_\_ few nights. Stick with it for a few weeks, and you'll find the soothing effects become stronger.

**Don't ignore the rest of your sleep environment.** If you're playing a Bach sonata in a room blazing with lights, or looking at a computer screen, you're not <sup>8</sup> \_\_\_\_\_ to benefit from the sleep-inducing effects of the background music. Make sure your nightly routine and environment is soothing, calm, and dimly lit.

**Don't fall asleep with earphones.** If you want to listen to music as you fall asleep, that's fine. But don't use earphones, which can make sleep <sup>9</sup> \_\_\_\_\_ and damage your ear canal.

**Pay attention to how you feel.** We all react differently to songs and find different meaning within them. Classical music is often used in studies, and is a popular choice for bedtime listening. But <sup>10</sup> \_\_\_\_\_ it's not your thing, that's fine. Try jazz, or new age, or folk music. Whatever makes you feel calm and puts your body and mind in a restful mode is the right choice for you.