

**‘Short sleeper’ or ‘long sleeper’
Which is healthier?**

Dentist Dr Uchenna Okoye gets up every day at 4:30a.m., weekends and holidays included. It’s not because she’s a bad sleeper. And it’s not because she starts work early - her dental surgery doesn’t open until 8:30. And she’s not one of those people who are always in bed **by ten** - in fact, she usually goes bed after midnight. She gets up at this time because she’s a ‘short sleeper’ - a person who can live happily on much less than the seven or eight hours of sleep that **most of us** need. And, amazingly, Uchenna is energetic all day. Dr Okoye works eight hours at her dental surgery ‘London Smiling’, she appears regularly on the TV programme Ten Years Younger, she does regular work for charity and she even has time for piano lessons! ‘People are often surprised when they get emails from me **late at night**, or **early in the morning**... but I never need much sleep, and I always feel good on it. It’s just the way I am,’ says Uchenna, 41.

Many short sleepers, like Dr Okoye, are energetic and **successful in life**. Famous short sleepers include Leonardo da Vinci, John F. Kennedy and Madonna. Being a short sleeper has other **advantages** too - you have 15-20 percent more time to do things, and short sleepers are often slim too. But here’s the bad news. Only about 3 percent of people are short sleepers - for most of us, sleeping for only three or four hours a night just isn’t enough.

In contrast, there are ‘long sleepers’ - people who regularly sleep ten hours or more a night. (In fact, before the invention of electric light in the 19th century most people slept for ten hours.) Babies are the biggest long sleepers - they sleep **up to** 18 hours a day in the first few weeks of life. Teenagers also typically need ten hours’ sleep. Many people believe that long sleepers are less healthy than short sleepers. But **the latest research** shows there are no important differences in health or personality between the two groups.

1. The dentist gets up at 4:30 am all the days except weekends and holidays.
True False

2. This is simply because she starts her work early.
True False

3. She is not among those people who are not always in bed by 10.
True False

4. She gets up at 4:30 because
a. She is a dentist b. short sleeper c. she is happy d. she goes to
be after midnight

5. She sleeps much less than.....hours per night.
 a. 7 b. 7 & 8 c. 8 d. 9
6. Her working hours is
 a. Much more than her sleeping hours c . Less than her sleeping hours
 b. The same as her sleeping hours d. nearly the same as her working hours
7. It is seen that this Doctor hasjobs according to the passage.
 a. 4 b. 5 c. 6 d. 3
8. Short sleepers havemore time for their life.
 a. Quarter b. half c. nearly quarter d. nearly half
9. Before electricity invention, most people were
 a. Short sleepers b. long sleepers b. both of them d. none of them
10. Choose the BEST title for the text
 a. Sleeping
 b. Sleeping Hours
 c. A famous Dentist
 d. Getting Up Early

Read the text and decide if the statements are true (T) or false (F).

- 1 Dr Uchenna Okoye gets up at the same time every day.
- 2 She doesn't go to bed late.
- 3 She often feels tired during the day.
- 4 Dr Okoye has more than one job.
- 5 97 percent of people are 'long sleepers'.
- 6 Nowadays, people sleep less than they did in the 19th century.
- 7 Babies sleep more than teenagers.
- 8 There are important differences between long sleepers and short sleepers.

Can you play golf without a ball? Or tennis without a tennis racket? These days the answer is 'Yes you can'. Here are some 21st century ways of playing our favourite traditional sports.

1 WII SPORTS

Nintendo's Wii Sports is the best-selling computer game of all time. You can play tennis, baseball or golf, go bowling or do boxing. You don't run around or get tired, however. You do

everything by moving your arm and pressing a button on your games console. It's also a good social activity and many people organise gaming parties with their friends. But there is a downside; at least ten people in the UK injure themselves playing Wii Sports every week and have to go to hospital. There are also hundreds of cases of broken furniture, broken windows and injured pets! Some people call this new 21st century problem 'Wii-it-is'.

2 DISC GOLF

The game of golf is more than 250 years old. But for the 21st century version of the game, you don't need any expensive special equipment. Players don't hit a ball; they throw a plastic disc towards the 'hole' – which is actually a metal basket. The winner is the player who reaches the 'hole' with the lowest number of throws. More than half a million people around the world now play the game. There are more than 1,000 disc golf courses in 40 countries many of them in public parks. It's a great way to get exercise in the fresh air.

3 FREESTYLE FOOTBALL

In Freestyle football there are no teams, you don't kick the ball, and you never score a goal. Freestyle footballers try to keep the ball in the air using any part of their body. Some people describe it as a mixture of breakdancing and football. Judges give points for ball control and original moves. John Farnworth, from Lancashire in the north of England, was the world's first Freestyle champion: in 2011 he ran the London Marathon (42 km) in 12 hours 15 minutes, keeping a ball in the air all the way!

1. In these games, people can do everything by moving

- a. hands b. legs c. arms d. body

2. of course many things can happen like injuries happen in the UK to people.

- a. 5 people b. several c. 12 people d. 20 people

3. there are other things possible to happen like things get broken such as

- a. furnitures b. furniture c. some furniture d. all the furniture

4. people do not have to have a lot of expensive special equipment in the

- a. 20th century b. 250 years c. the 21th century d. 12 th century

5. the number of the play who play this game is increasing to

- A. 250000 thousand people b. 500000 thousand people c. 1000thousand people

6. the game is played in many places worldwide.

- a. forty countries b. forty cities c. forty courses d. forty villages

7. There are teams in freestyle football

- a. True b. False

8. Many people describe it as a mixture of breakdancing and football.

- a. True b. False

9. in 2011, John could run forty-two KM in a marathon that took him more than 12 hours.

- a. True b. False