

LESSON C: HOW COME YOU'RE TIRED? SHOWING SURPRISE: WOW, REALLY ... LESSON D: WAYS TO RELAX

Health

Unit 3

In Unit 3, you learn how to . . .

- use the simple present and present continuous.
- use *if* and *when* in statements and questions.
- talk about health, remedies, sleep habits, and stress.
- encourage people to talk by making comments and asking follow-up questions.
- use expressions like *Wow!* and *You're kidding!* to show surprise.

Lesson C How come you're tired?

1 Conversation strategy Encouraging people to talk

A Which are the best responses to keep the conversation going? Check (✓) the boxes.

| | | |
|--|--|--|
| A I'm so tired. | B <input type="checkbox"/> Yeah, I know. | <input type="checkbox"/> Oh! Why is that? |
| <input type="checkbox"/> Yeah. Me too. | <input type="checkbox"/> Yeah. Me too. | <input type="checkbox"/> Oh, I'm sorry. |
| <input type="checkbox"/> Really? How come? | <input type="checkbox"/> Really? How come? | <input type="checkbox"/> You look tired. Are you busy at work? |

Now listen. Why is Paulo tired?

Paulo I'm so tired.
Matt Really? How come?
Paulo Well, I'm working two jobs this semester, so I'm getting up at, like, 5:30 to study.
Matt You're kidding! Two jobs? Wow.
Paulo Yeah. Just for a couple of months. I'm working in the supermarket after class, and then I have my regular job at the restaurant till 11:00.
Matt Oh, that's late. So, what time do you go to bed?
Paulo About 1:00 . . . 1:30.
Matt Gosh. So you're only getting about four hours' sleep? That's not much.

Notice how Matt encourages Paulo to continue talking. Matt comments on what Paulo says and asks follow-up questions. Find examples in the conversation.

"I'm so tired."
 "Really? How come?"

B Match each sentence with an appropriate reply. Then practice with a partner.

1. I need a lot of sleep. a
2. I can't sleep if there's light in my room. a
3. I usually go to bed early during the week. e
4. If I can't fall asleep, I usually read. f
5. I often take a nap after lunch. c
6. I only sleep about five hours a night. b

- a. I can't either. Do your windows have blinds?
- b. That's not much. Are you getting enough sleep?
- c. At the office? How long do you sleep?
- d. Really? How much sleep do you need?
- e. That's good. Do you wake up early, too?
- f. That's a good idea. What do you read?

Showing surprise

Use expressions like these to show surprise in informal conversations:

| | |
|----------|------------------|
| Oh! | Gosh! |
| Really? | Oh, my gosh! |
| Wow! | You're kidding! |
| Oh, wow! | Are you serious? |
| No way! | No! |

In formal conversations, use *Oh!* or *Really?*

A: I am working two jobs.

B: you are kidding!

A: I had an accident

B: Oh, my gosh!

In conversation . . .

Oh and *Really* are in the top 50 words. *Wow* and *Gosh* are in the top 500.

Circle the best response to show surprise.

1. My brother talks in his sleep.
 - a. My brother does too.
 - b. Wow! What does he say?**
2. I love getting up early on weekends.
 - a. I always get up early.
 - b. Early? I like to sleep late.**
3. I take two or three naps every day.
 - a. Oh! Are you sleeping enough at night?**
 - b. I know. And you snore, too.
4. I eat a lot of chocolate when I can't sleep.
 - a. Me too. I love to eat chocolate at night.
 - b. You're kidding! I can't sleep when I eat chocolate.**
5. My grandfather goes running six days a week.
 - a. No way! How old is he?**
 - b. I see. He's very healthy, right?
6. I often dream about food.
 - a. I do too. I always dream about ice cream.
 - b. Food? Are you hungry when you go to bed?**
7. I have three part-time jobs.
 - a. It's important to work hard.
 - b. Really? Aren't you tired a lot?**
8. If I can't sleep, I always read a history book.
 - a. Me too. I also read a novel.
 - b. Gosh! Why not a novel or a crime story?**

Lesson D

Ways to relax

COMMON QUESTIONS ABOUT STRESS

Am I stressed?

If you can't sleep well or can't concentrate, ...

If you feel depressed or want to cry a lot, ...

If you have a headache or an upset stomach, ...

If you can't relax and you feel irritable, ...

If you are extremely tired, ...

... then it's possible you are stressed.



Is stress bad for me?

Occasional stress is common and can be good for you. However, if you feel stressed for a long time, it can be serious. Stress can make you sick. It can also affect your memory or concentration, so work or study is difficult.

What can I do?

Fortunately, there's a lot you can do. Try some of these relaxation techniques. If you still feel stressed, make an appointment to see your doctor.

RELAXATION TECHNIQUES

1 Breathe Take a breath, hold it for four seconds, and then breathe out very slowly. Feel your body relax.

2 Exercise Walk or exercise for just 30 minutes each day and feel better.



3 Talk Call a friend. Talk about your problems.

4 Meditate Close your eyes and focus on something calm. Feel relaxed.

5 Pamper yourself Take a hot bath, or have a massage.



6 Do something you enjoy Listen to music. Sing. Watch TV. Meet a friend.

Department of Health — "Take care of yourself."

Lesson D Ways to relax

Sleep is very important to keep you healthy and happy. If you feel really stressed it's possible that you're not sleeping well at night or getting enough rest. This can affect your ability to concentrate and do your job or study.

Here are some techniques to help:

Stop work about half an hour before you go to bed and don't watch TV.


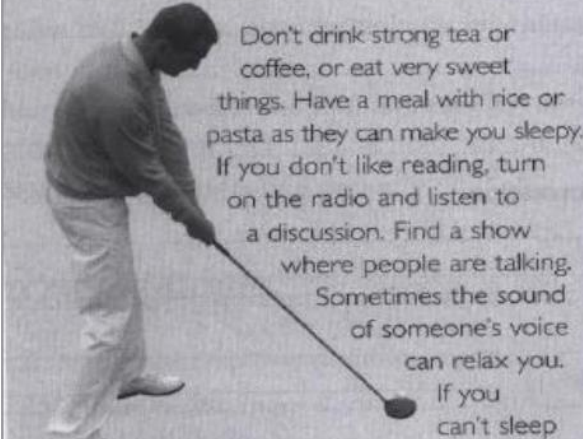
Don't drink strong tea or coffee, or eat very sweet things. Have a meal with rice or pasta as they can make you sleepy. If you don't like reading, turn on the radio and listen to a discussion. Find a show where people are talking. Sometimes the sound of someone's voice can relax you. If you can't sleep

because you're worrying, get up and do something different. Try something quiet and calming like a crossword puzzle. Some people like to wash the dishes or clean things around the house.

Be sure to get some exercise every week. Try tennis, go swimming, or play golf. These activities all help you with stress and they're fun.

Some sports, like running and weight lifting don't help because they put a lot of strain on your body and that can mean more stress.

Above all, don't worry if you're not sleeping!



Read the article. Then answer the questions.

1. Why is sleep important?

Sleep is important to keep you healthy and happy.

2. When should you stop work?

About half an hour before you go to bed.

3. What two foods help you sleep?

Rice and pasta can help you sleep.

4. Why does the writer recommended crossword puzzles?

Crossword puzzles are quite and calming.

5. Which sports help with stress? Name three sports.

a. Tennis b. swimming and c. golf

Write responses to show surprise. Then ask follow-up questions.

1. A My friends Chuck and Tina exercise when they can't sleep.

B No way! What kind of exercise do they do?

2. A My best friend never remembers her dreams.

B

3. A I sometimes sleep at the office.

B

4. A Sometimes I can't sleep because my dog snores.

B

5. A My brother has the same nightmare once a week.

B

6. A My father sleepwalks every night.

B

7. A I never use an alarm clock.

B

8. A My brother goes running right after he eats dinner.

B