

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, Carlos, Marc, and Steph, who all have problems sleeping at night. What are the main reasons they give? Have any of them solved the problem?
- c **6.2** Listen to six extracts from the listening. Fill in the blanks with a few words.

Carlos

I can't **get used to** ¹ _____ in a bedroom where there's light coming in from the streetlights outside.
I always **used to** ² _____.

Marc

The main problem is that my body's **used to** ³ _____, not during the day.
It's really hard to **get used to** ⁴ _____ all night.
Before I became a police officer, I **used to** ⁵ _____ hours a night.

Steph

And just when I'm finally **used to** ⁶ _____, then it's time to fly back to the UK.

- d Look the **highlighted** phrases. Answer the questions with a partner.
- What do you think *used to* means after *be* / *get*?
a tired of b accustomed to c good at
 - What's the difference between *be* + adjective, e.g., *be old*, *be used to*, and *get* + adjective, e.g., *get old*, *get used to*?
 - What form does the verb take after *used to* and *be* / *get used to*?
- e **p.142 Grammar Bank 6A**

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

- When you were a 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
- 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)?
- 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
• traveling long-haul a lot

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?

- I **used to** get up really late, but now I get up early.
- It often takes time to get **used to** sleeping in a new bed.
- Valerian is an herb that 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 niece | b knees |
| 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 Practice with a partner. Say one word from each pair in **b** to your partner. He / She says 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 behavior. For centuries, “segmented sleep” was standard. People used to go to bed 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 neighbors 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 gotten 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

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 ¹u_____ 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 6:00 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 ²b_____ midnight and 3:00, I would usually read, sometimes as much as 100 pages of a book.

When I got back to San Francisco, I’d ³g_____ used to sleeping like this, and somehow, I continued doing it. I ⁴w_____ 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 pretty ⁵l_____ 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 ⁶m_____ 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 favorites is this one of Angel Island. It was really ⁷w_____, as you can see from the grass in the foreground.

If I don’t ⁸l_____ 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 ⁹e_____ 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 giving classes in night photography.



- d Read the text again and fill in the blanks.
- 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 these days?


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 take 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 jackhammer.




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 **comforter** at least every six months, it can contain up to 20,000 live dust mites.



Scientists have produced flies that 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, figure 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, raise your hand.

1 Most people start feeling [] at around 11:00 p.m.	<i>sleepy</i>
2 When people are tired, they often open their mouth and [].	
3 When they get into bed, they put their head on the [].	
4 In bed, many people sleep under a thick [] filled with feathers or synthetic material.	
5 Other people prefer to sleep under [] and [].	
6 Some people can't sleep because they suffer from [].	
7 People sometimes have to take [] to help them go to sleep.	
8 Some people who are asleep make a loud noise when they breathe, i.e., they [].	
9 In hot countries, it's common to take a short [] in the afternoon.	
10 A person who sleeps well "[]."	
11 Someone who doesn't sleep very deeply is a [].	
12 Some children [] if they watch scary movies before bedtime.	
13 If you drink coffee in the evening, it may [].	
14 In the middle of the night, most people are [].	
15 As many as 15% of people [] during the night, getting out of bed and even getting dressed or eating.	
16 When people need to get up early, they often [] (clock).	
17 If you don't hear your alarm, you might [].	
18 According to one study, 4.7% of Americans [] 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 of sleep.
- 8 I _____ before going to sleep.

- b 6.9 Now listen to the podcast and fill in the blanks 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 usually 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?

Did you use to have a bedtime routine when you were a child? Would someone read to you in bed? Did you have a favorite 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 traveling, 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 overslept and missed something important? What was it?


Have you ever stayed up all night to study for a test the next day? How well did you do on the test?

Do you ever take 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?

used to, be used to, get used to


used to / didn't use to + base form

- 1 I **used to sleep** for eight hours every night, but now I only sleep for six.  6.3
I didn't recognize him. He **didn't use to have** a beard.
- 2 When I lived in Mexico as a child, we **used to have** pan dulce for breakfast. We **would buy** them every morning from the local baker.

- 1 We use *used to / didn't use to* + base form to talk about past habits or repeated actions or situations / states that have changed.
 - *used to* doesn't exist in the present tense. For present habits, use *usually* + the simple present, e.g., *I usually walk to work.* **NOT** ~~*I use to walk to work.*~~
- 2 We can also use *would* (instead of *used to*) to refer to repeated actions in the past with action verbs (e.g., *run, listen, study, cook*, etc.). However, we can only use *used to*, not *would*, for nonaction verbs (e.g., *be, need, know, like*, etc.). *Alan didn't use to be so thin.* **NOT** ~~*Alan wouldn't be so thin.*~~
 - With *would*, you must use a past time expression, or it must be already clear that you are talking about the past.
 - We can use the simple past, often with an adverb of frequency, in the same way as *used to* and *would* to talk about repeated past actions, e.g., *I often got up / used to get up / would get up early when I lived in Africa, to watch the sun rise.*

be used to / get used to + gerund



- 1 I'm **used to sleeping** with the curtains open. I've never slept with them closed.  6.4
Carlos has just moved to Hong Kong. He **isn't used to driving** on the left.
- 2 A I can't **get used to working** at night. I feel tired all the time.
B Don't worry, you'll **get used to it** fast.

- 1 Use *be used to* + gerund to talk about things you are accustomed to doing, or a new situation that is **now** familiar or less strange.
- 2 Use *get used to* + gerund to talk about a new situation that is **becoming** familiar or less strange.

The difference between *be used to* and *get used to* is exactly the same as the difference between *be* and *get* + adjective, e.g., *It's dark* and *It's getting dark*.

- a Right (✓) or wrong (X)? Correct the mistakes in the highlighted phrases.

I can't get used to getting up so early. ✓

She isn't used to have a big dinner in the evening. X

She isn't used to having

- 1 When we were children, we used to playing soccer on the street.
- 2 The first time we visited China, we couldn't get used to eat with chopsticks.
- 3 Have you gotten used to living in the suburbs, or do you still miss the city?
- 4 I'm really sleepy this morning. I'm not used to going to bed so late.
- 5 There used to be a movie theater in our town, but it closed down three years ago.
- 6 Paul would have very long hair when he was younger.
- 7 I don't start work until 9:30, so I use to get up at about 8:00.
- 8 Did you use to wear a uniform to school?
- 9 It's taking me a long time to be used to living on my own.
- 10 When I had tests in college, I would stay up all night studying.

- b Complete the sentence with *used to*, *be used to*, or *get used to* (positive or negative) and the verb in parentheses.

My boyfriend is Japanese, so he isn't used to driving on the right. (drive)

- 1 When Luis started his first job, he couldn't _____ at 6:00 a.m. (get up)
- 2 I didn't recognize you! You _____ long hair, didn't you? (have)
- 3 Isabelle _____ an apartment when she was in college, but now she has a house of her own. (rent)
- 4 When we were children, we _____ all day playing soccer in the park. (spend)
- 5 Jasmine has been a nurse all her life, so she _____ nights. (work)
- 6 I've never worn glasses before, but now I'll have to _____ them. (wear)
- 7 Reiko is an only child. She _____ her things. (share)
- 8 Although I've lived in Brazil for years, I've never _____ dinner at nine or ten o'clock at night. (have)
- 9 I _____ spinach, but now I love it. (like)
- 10 If you want to lose weight, then you'll have to _____ less. (eat)