

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 too bad I can't speak Spanish.
I wish _____ Spanish.
 - I regret not learning to play the piano when I was younger.
I wish _____ 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 Hong Kong for a year I still find driving on the left difficult.
After living in Hong Kong 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**
 - The car needs _____. I'll take it to the car wash. **clean**
 - 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 incredibly well in the concert! We felt very pr_____.
 - I'm feeling a little 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 to 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 playing risky sports. **amaze**
 - We were _____ when we heard the news. **horrify**
 - What you said to Naomi was rather _____. I think you should apologize. **offend**
 - It was an incredibly _____ movie! **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 take a n_____ now.
 - Last night I had a horrible n_____. I dreamed 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	 awake yawn exhausted song	5	 orchestra chorus psychology chic
3	 loose place eyes course		

b Underline the main stressed syllable.

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

CAN YOU understand this text?

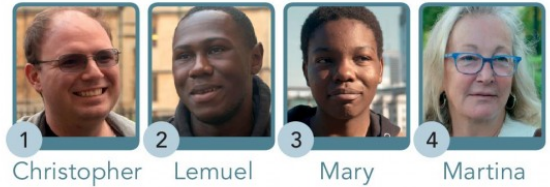
a Read the article once. According to Dr. Breus, what kinds of music should you listen to before going to sleep?

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

- 1 a after b while c between
2 a effective b affectionate c harmful
3 a active b relaxed c alert
4 a adjust b increase c stop
5 a pride b excitement c boredom
6 a advise b forbid c order
7 a last b first c next
8 a possibly b likely c probably
9 a deeper b comfortable c uncomfortable
10 a as b because c if

▶ CAN YOU understand these people?

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



- 1 If Christopher was left alone on a desert island, he thinks ____.
a he would survive well because he was a boy scout
b he wouldn't worry too much about being rescued
c he would have an idea from movies about what to do
- 2 Lemuel finds it annoying when other people ____.
a talk during lectures
b don't walk fast enough on the street
c bite their nails
- 3 Mary sometimes has problems sleeping when ____.
a she's feeling depressed
b her bedroom is too warm
c she's been reading an exciting book
- 4 Martina likes listening to country music to help her to ____.
a wake up
b feel more energized
c 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 ¹_____. I exercise or work, to relax me when I travel, and to unwind before bed. It's especially ²_____ 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 ³_____ 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 ⁴_____ 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 ⁵_____. These are not the songs you want to listen to at bedtime.

Go lyric-free. Lyrics can be mentally stimulating. I ⁶_____ my patients to choose music without words at bedtime. Give the cognitive centers 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 ⁷_____ 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 ⁸_____ 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 ⁹_____ 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 ¹⁰_____ 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.

