

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

# 6A Music and emotion

## 1 VOCABULARY & PRONUNCIATION

music, words from other languages

a 329 Listen and match what you hear with a word in the list.

- a bass guitar    a cello    a choir    a conductor    drums    an orchestra  
 a soprano    a flute    a violin    a keyboard    a saxophone

b 330 Listen and check. Practise saying the words. What other words do you know for instruments and musicians?

c Read the information box below. Then, in pairs, look at **Borrowed words related to music** and try to pronounce them as they are pronounced in English. Underline the stressed syllable.

**Foreign words that are used in English**  
 English has 'borrowed' many words from other languages, for example in the field of music from Italian, Greek, and French. The English pronunciation is often similar to their pronunciation in their original language, e.g. *ch* in words which come from Greek is /k/, e.g. *orchestra*.

### Borrowed words related to music

From Italian	cello /ˈtʃɛləʊ/; concerto /kɒnˈtʃɜːtəʊ/ mezzo-soprano /meɪˈsɔːsəˈprʊnəʊ/
From Greek	orchestra /ˈɔːkɪstrə/; choir /ˈkɔɪə/; chorus /ˈkɔːrəs/ microphone /ˈmɪkrəfoʊn/; rhythm /ˈrɪðm/; symphony /ˈsɪmfəni/
From French	ballet /ˈbæleɪ/; encore /ˈɛŋkɔː/; genre /ˈʒɒnrə/

d 331 Listen and check. How are the pink letters pronounced?

e With a partner, try to work out which language these words come from, and put them in the right rows. Do you know what they all mean?

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

From Italian	
From Greek	
From French	

f 332 Listen and check. Practise saying the words.

## 2 SPEAKING

Ask and answer the questions with a partner.

### Your music

Do you have a favourite...?

- kind of music
- song
- piece of classical music (symphony, sonata, etc.)
- band
- solo artist
- composer
- conductor

Do you play a musical instrument?

YES

- What instrument, or instruments, do you play?
- How long have you been playing it?
- Have you had or are you having lessons?
- Can you read music?
- Have you ever played in a band / orchestra?

NO

- Have you ever tried to learn to play an instrument? Why did you stop learning?
- Is there an instrument you would like to learn to play?

Have you ever...?

- sung in a choir
- performed in front of a lot of people
- taken part in a musical talent contest

Concerts

- Have you been to a good concert recently?
- Which artist or band would you most like to see in concert?
- What's the best live concert you've ever been to?



### 3 READING

- a Think of a song or piece of music that you remember hearing and liking when you were a child. Where did you first hear it? How old were you? Why did you like it?
- b Look at the title of a newspaper article. Then read the article once. Why did the writer choose this title?
- c Read the first paragraph again. Find words or phrases meaning:
- \_\_\_\_\_ completely
  - \_\_\_\_\_ behave in a way that makes other people think you are stupid
  - \_\_\_\_\_ started crying because of strong emotion
  - \_\_\_\_\_ not thinking that anything positive would happen
  - \_\_\_\_\_ a mixture of loud and unpleasant sounds
- d What kind of sounds do you think *whir*, *hum*, and *clacking* (line 10) are?
- e Read the rest of the article again. With a partner, and in your own words, say why the article mentions the following pieces of music or artists.

- 1 the *Lacrimosa* from Mozart's Requiem
- 2 the Rolling Stones, Michael Jackson, Sigur Rós, Radiohead, Elvis, and Pink Floyd
- 3 music from the fifties
- 4 Guillaume de Machaut's *Agnus Dei*
- 5 country music
- 6 Queen's *Bohemian Rhapsody*
- 7 Beethoven's Ninth Symphony and Sinatra's *Fly Me to the Moon*
- 8 the Beatles
- 9 silence

f Talk to a partner.

- Why do you think the journalist says that Austin's experience may help us understand more about musical taste?
- Imagine you were going to recommend music to Austin. Which...

song or piece of music  
decade  
composer  
band  
singer

would you suggest?



## What music would you play to an alien?

**'I can hear music for the first time ever,' wrote Austin Chapman, a 23-year-old film-maker from California. 'What should I listen to?'**

1 Austin, you see, was born profoundly deaf. For his whole life, music has been a mystery. 'I had seen people make a fool of themselves, singing or moving wildly on the dance floor,' he says. 'I had also seen people moved to tears by a song, which was probably the hardest thing for me to understand.' Then, just a few weeks ago, his parents suggested that he try a newly developed hearing aid that they had heard about. He went to the doctor's with no great expectations. But when the doctor switched on the hearing aid, he was stunned. 'I sat in the doctor's office, frozen as a cacophony of sounds attacked me. The whir of the computer, the hum of the air conditioning, the clacking of the keyboard, the sound of my friend's voice.' Austin could hear. And for the first time ever the world of music was open to him.

It didn't take him long to decide what to do: he was going to listen to music non-stop. Later that day, he heard his first piece, Mozart's beautiful *Lacrimosa* (from his Requiem), in a friend's car. He wept. So did everybody else in the car. The experience, he says, was 'like the first time you kiss a girl'. His friends went on to play him the Rolling Stones, Michael Jackson, Sigur Rós, Radiohead, Elvis, and Pink Floyd. But Austin knew that there was a vast universe of music to explore, so he decided to seek further help. He described his situation on reddit.com and so far, he's received more than 14,000 suggestions. As a strategy, he has decided to follow the advice of someone who posted this message on the site: 'This is like introducing an alien to the music of Earth. Once you've tired of classical, you could start with music from the fifties and progress through each decade. That way you can really see the growth of modern music.'



Austin Chapman

Austin adopted that system, but chose to start much earlier, with a piece by Guillaume de Machaut called *Agnus Dei*, from the 14th century. Currently, he's listening to four or five hours of music a day. As he had never heard music before Austin isn't influenced by nostalgia and, via the internet, he can listen to just about anything ever composed. Consequently his experience may help us to understand more about musical taste. So what has he been listening to? It seems that no one genre dominates (although he says he's not very keen on country music – too depressing). His favourite piece – for now – is Queen's *Bohemian Rhapsody*. He's also keen on Beethoven's Ninth Symphony and Frank Sinatra's *Fly Me to the Moon*. But so far he has not listened to the most recommended band, the Beatles. 'I'm waiting for a special occasion,' he says.

Austin is also learning how to hear. When we met at a café in West Hollywood, we took a table far from the street to avoid the background noise of traffic. The ability to ignore unwanted noise is something that will take him time. This may help explain why Austin says that 'silence is still my favourite sound. When I turn my hearing aid off, my thoughts become clearer; it's absolutely peaceful.'

Adapted from The Times



#### 4 LISTENING & SPEAKING

- a 33 Listen to some short pieces of music. How do they make you feel? Would you like to carry on listening?
- b 34 Listen to John Sloboda, a music psychologist, talking about why we listen to music. Try to complete the notes below by writing key words or phrases. Then with a partner, try to remember as much as you can of what he said.

- c 35 Now listen to John explaining how music can affect the way we feel. Complete the notes below by giving examples. Then compare with a partner and try to remember what he said.

*Why do we listen to music?*

- 1 to make us...  
e.g.
- 2 to help us to...  
e.g.
- 3 to intensify...  
e.g.



*How does music affect our emotions?*

*Three important human emotions*

- 1 happiness
- 2
- 3

*How we feel affects the way we speak, e.g.*

- 1 happy - speak faster / higher
- 2
- 3

*Music copies this, e.g.*

- 1 fast / high music makes us happy
- 2
- 3

*Examples (pieces of music)*

*Music that makes us feel*

- 1 happy, e.g.
- 2 angry, e.g.
- 3 sad, e.g.

*This is especially exploited in...*



d Talk to a partner. Ask for more details where possible.

- 1 On a typical day, when and where do you listen to music?
- 2 Do you listen to different kinds of music at different times of day?
- 3 What music would you play...?
  - if you were feeling sad and you wanted to feel more cheerful
  - if you were feeling down and you wanted to feel even worse
  - if you were feeling furious about something or somebody
  - if you were feeling stressed or nervous about something and wanted to calm down
  - if you wanted to create a romantic atmosphere for a special dinner
  - if you were feeling excited and were getting ready to go out for the evening
  - if you were falling in love

## 5 GRAMMAR gerunds and infinitives

a Look at some extracts from the listening. Put the verbs in brackets in the infinitive (with or without *to*) or the gerund (*-ing* form).

- 1 Firstly, we listen to music to make us \_\_\_\_\_ important moments in the past. (**remember**)
- 2 When we hear a certain piece of music we remember \_\_\_\_\_ it for the first time... (**hear**)
- 3 If we want \_\_\_\_\_ from one activity to another, we often use music to help us \_\_\_\_\_ the change. (**go, make**)

b 3.36 Listen and check.

c Look at two sentences with the verb *remember*. Which one is about remembering the past? Which one is about remembering something for the future?

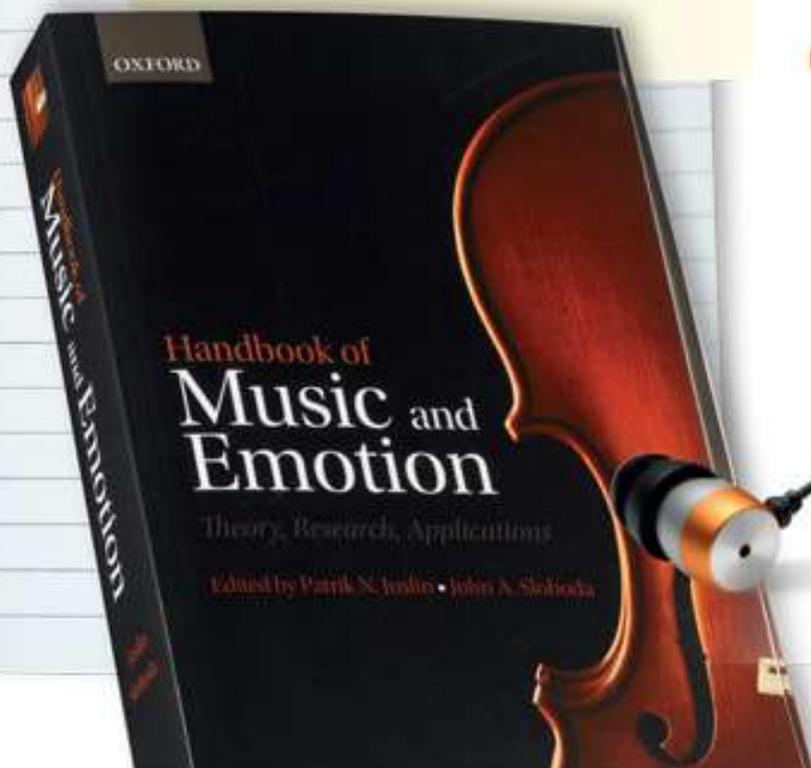
- 1 I remember meeting him for the first time.
- 2 Please remember to meet him at the station.

d ▶ p.142 Grammar Bank 6A. Find out more about gerunds and infinitives, and practise them.

e Tell your partner one thing that...

- you'll never forget seeing for the first time
- you sometimes forget to do before you leave the house in the mornings
- you remember doing when you were under five years old.
- you must remember to do today or this week
- needs doing in your house / flat (e.g. the kitchen ceiling needs repainting)
- you need to do this evening
- you tried to learn but couldn't
- you have tried doing when you can't sleep at night

## 6 3.39 SONG Sing 🎵





# 6B Sleeping Beauty

## 1 LISTENING & SPEAKING

- a Do you have problems sleeping? Why (not)?
- b ③ 40, 41, 42 You are going to listen to three people who have problems sleeping at night. Listen and take notes on what their problem is, and what has caused it. Compare with a partner and then listen again to complete your notes.

Speaker 1	Speaker 2	Speaker 3

- c Answer the questions with a partner.
- 1 Do you usually sleep with your bedroom completely dark, or with the curtains or blinds open? Do you have problems sleeping if there is too much or not enough light for you?
  - 2 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?
  - 3 Have you ever flown long haul? Where to? Did you get jet lag? How long did it take you to get over it?



## 2 GRAMMAR

*used to, be used to, get used to*

- a Look at some extracts from the listening. Match the highlighted phrases to their meanings 1–3. What form is the verb after a) *used to* b) *be* / *get used to*?
- In Spain I **always used to sleep** in complete darkness.
  - It's very hard to get used to being** awake all night
  - And just when I'm **finally used to being on New York time**, then it's time to fly home.
- 1 I usually did this in the past.
  - 2 It's not a problem for me because it is now a habit.
  - 3 It's a problem for me because it hasn't become a habit yet.
- b ➤ p.143 Grammar Bank 6B. Find out more about *used to, be used to* and *get used to* and practise them.

## 3 PRONUNCIATION

sentence stress and linking

- a ③ 45 Listen and repeat three sentences. Notice the rhythm and how the words are linked.
- 1 I'm used to working in a team.
  - 2 I can't get used to driving on the right.
  - 3 I used to get up at six o'clock every day.
- b ③ 46 Now listen and write down three more sentences.
- c Practise saying the sentences quickly, getting the stress right and trying to link the words.
- d Talk to a partner. Ask for and give more information.
- 1 When you were a child, did you use to...?
    - share a room with a brother or sister
    - have nightmares
    - wake up very early in the morning
  - 2 Do you have problems if you have to sleep in a bed that you aren't used to sleeping in (e.g. in a hotel)?
  - 3 Do you think you would find it difficult to get used to...?
    - getting up at 5.30 a.m. every day
    - only being able to sleep for six hours a night
    - not having breakfast in the morning

## 4 READING & SPEAKING

- a Read the introductory paragraph of *Three things you (probably) didn't know about sleep*. Do you know the answers to any of the questions?
- b Read **Living your dreams** and mark the sentences **T** (true) or **F** (false). Underline the part of the text that gave you the answer.
- 1 When we have a 'lucid' dream we know that we're dreaming.
  - 2 In a 'lucid' dream the person who is dreaming can never change what is happening.
  - 3 Gamers may be able to control their dreams because dreams are similar to computer games.
  - 4 The reason we have nightmares may be to prepare us for certain dangerous situations.
  - 5 Video gamers have more nightmares than non-gamers because they don't experience dangerous life-threatening situations.
  - 6 Video gamers are braver in their dreams than non-gamers.
- c ► **Communication** *Three things you (probably) didn't know about sleeping*. **A** *Sleeping Beauty* p.106 **B** *How our ancestors used to sleep* p.111. Tell your partner some more interesting facts about sleep.
- d In pairs see if you can remember some of the words and phrases from the articles you have read or heard.

### Vocabulary Quiz

- 1 a medical condition, often an unusual one: a \_\_\_\_\_
  - 2 an adjective meaning staying faithful to somebody and supporting them: \_\_\_\_\_
  - 3 an adjective often used with sleep. A person who is in a ~ sleep is difficult to wake: \_\_\_\_\_
  - 4 a hundred years, e.g. from 1900 to 2000: a \_\_\_\_\_
  - 5 the time in the evening when it becomes dark: \_\_\_\_\_
  - 6 the verb meaning to speak to God: \_\_\_\_\_
  - 7 the word for a person who plays a lot of video games: a video \_\_\_\_\_
  - 8 an adjective meaning clear, especially after a period of confusion: \_\_\_\_\_
  - 9 to change position so as to face the other way: \_\_\_\_\_
- e Answer the questions in pairs.
- 1 Do you play video games? Do you think it has any effect on the way you dream? Do you think it has any positive or negative effects on you?
  - 2 What do you think would be the worst thing for someone with Sleeping Beauty Syndrome?
  - 3 Do you think sleeping in two shorter periods is a better way of sleeping? Do you think it would suit you and your lifestyle?

## Three things you (probably) didn't know about



**Everybody loves it. Everybody needs it.** No-one seems to get enough of it. We all know that most people need eight hours sleep, and that REM\* sleep is when you have most dreams, but here are three questions about sleep which you may not know the answer to:

- How can video games help us control our dreams?
- What is Sleeping Beauty Syndrome?
- What did our ancestors use to do in the middle of the night (which we don't)?

### Living your dreams

A university psychologist in Canada believes that people who play video games are more likely to be able to control their own dreams. Jayne Gackenbach studied the dreams of regular video gamers and non-gamers and found that people who frequently played video games experienced 'lucid' dreams more often. A lucid dream is one in which we are aware that we are dreaming. In a lucid dream, the dreamer is sometimes able to control or influence what is happening to them in the dream – very similar to controlling the action of a character in a video game.

'Dreams and video games are both parallel universes,' says Gackenbach, 'Gamers spend hours a day in a virtual reality and they are used to controlling their game environments, and this seems to help them to do the same when they are dreaming.'

Gackenbach also discovered that video gamers have fewer nightmares than non-gamers. Some experts believe that we have nightmares to help us practise for life-threatening situations in a safe environment. Since video gamers already practise those situations regularly in games, Gackenbach's research suggests that video gamers may have less need of nightmares. But, interestingly, when gamers *do* have a nightmare they react differently to non-gamers: 'What happens with gamers,' says Gackenbach, 'is that when they have a frightening experience in a dream they don't run away like most of us do, they turn round and fight back.'

\*REM is an abbreviation for 'rapid eye movement'

## 5 LISTENING & SPEAKING

- a Look at the picture and the headline of the article. Why do you think the man cooks in the middle of the night?
- b 347) Now listen to the first part of a radio programme and check your answers to a. What kind of things does he cook? Why is it a problem?
- c Read the newspaper article about Robert Wood. Can you remember any of the details about him? Try to complete the gaps with a word or words, then listen again to check.
- d You are now going to listen to the second half of the radio programme. Before you listen, work with a partner and discuss if you think the information in sentences 1–10 is T (true) or F (false).
- 1 A sleepwalker can drive a car while he is asleep.
  - 2 It is easy to know if someone is sleepwalking or not.
  - 3 About 8% of people sleepwalk from time to time.
  - 4 Sleepwalking is most common among young boys.
  - 5 Stress can cause people to sleepwalk.
  - 6 You should never wake up a sleepwalker.
  - 7 Sleepwalkers cannot hurt themselves.
  - 8 People usually sleepwalk for a short time.
  - 9 Sleepwalkers don't usually remember anything afterwards.
  - 10 Sleepwalking is no excuse if you commit a crime.
- e 348) Listen once to check your answers. Then listen again and correct the false statements.
- f Have you ever sleepwalked or do you know anyone who sleepwalks? What do they do when they sleepwalk? Where do they go? Does anyone try to wake them up?

## The chef who cooks in the middle of the night



**ROBERT WOOD**, from Fife in Scotland, often gets up in the middle of the night and goes downstairs to the kitchen. Not surprising, you may think. He's probably hungry and looking for something to eat. But you'd be wrong. Robert starts cooking – and he does this while he is fast asleep.

Mr Wood, who is <sup>1</sup> \_\_\_\_\_ years old and a retired <sup>2</sup> \_\_\_\_\_, has been a sleepwalker for more than 40 years.

'The first time it happened I was <sup>3</sup> \_\_\_\_\_', he said. 'My parents heard me wandering downstairs in the middle of the night. Now I get up <sup>4</sup> \_\_\_\_\_ times a week and these days I usually head for the kitchen, although on other occasions I have also turned on the television very loudly and even filled <sup>5</sup> \_\_\_\_\_ with water.'

His wife Eleanor says that she often wakes up in the night when she hears her husband cooking downstairs. She has seen him laying the table and caught him making <sup>6</sup> \_\_\_\_\_ and spaghetti bolognese and even frying <sup>7</sup> \_\_\_\_\_. The couple say that because of Mr Wood's sleepwalking they only get a few hours' sleep a night and are getting worried that Robert could start a <sup>8</sup> \_\_\_\_\_ without realizing. 'I really am asleep and have no idea I am getting up,' said Mr Wood.

Mrs Wood says that although the food her husband cooks when asleep looks lovely, she has never eaten it. 'Every night, I think "Is Rob going to cook tonight?". The last time he was in the kitchen, he spilt milk all over the place.'

Adapted from The Guardian

## 6 VOCABULARY & SPEAKING sleep

a **Vocabulary race.** In pairs, write the correct word from the list in the column on the right.

alarm blankets **duvet** fall asleep  
 fast asleep keep you awake **insomnia**  
 nap jet-lagged **nightmares**  
pillow **log** oversleep **sheets** **siesta**  
 set sleeping tablets **yawn**  
**sleepy** snore

- Most people start feeling  around 11.00 at night. sleepy \_\_\_\_\_
- They often open their mouth and . \_\_\_\_\_
- They go to bed and  their  (clock). \_\_\_\_\_
- They get into bed and put their head on the . \_\_\_\_\_
- They cover themselves up with a , or with  and . \_\_\_\_\_
- Soon they . \_\_\_\_\_
- Some people make a loud noise when they breathe. In other words, they . \_\_\_\_\_
- During the night some people have bad dreams, called . \_\_\_\_\_
- If you don't hear your alarm clock, you might . \_\_\_\_\_
- If you drink coffee in the evening, it may . \_\_\_\_\_
- Some people can't sleep because they suffer from . \_\_\_\_\_
- These people often have to take . \_\_\_\_\_
- Some people have a  or  after lunch. \_\_\_\_\_
- A person who sleeps well 'sleeps like a '. \_\_\_\_\_
- Someone who is tired after flying to another time zone is . \_\_\_\_\_
- Someone who is sleeping very deeply is . \_\_\_\_\_

b **3 49** Listen and check.

c Cover the column of words and test yourself.

d Ask and answer the questions in pairs. A asks the **blue** questions, and B asks the **red** questions. Ask for and give as much information as possible.

Do you sometimes have problems getting to sleep? Do you take, or have you ever taken, sleeping pills? Do you have any tips for people who suffer from insomnia?

Do you prefer to sleep with a duvet or with blankets? How many pillows do you have? What temperature do you like the bedroom to be?

Do you find it difficult to sleep when you're travelling, e.g. in buses or planes? Is there any food or drink that keeps you awake, or that stops you from sleeping well?

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

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

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

Are you a light sleeper or do you sleep like a log? How do you usually wake up in the morning?

Do you have a TV or computer in your bedroom? Do you often watch TV before going to sleep? Do you ever fall asleep on the sofa in front of the TV?

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

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

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

# 5&6 Revise and Check

## GRAMMAR

- a** Complete the second sentence so that it means the same as the first.
- 1 They escaped from the jungle because they found the river.  
They wouldn't have escaped from the jungle if they \_\_\_\_\_ the river.
  - 2 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.
  - 3 We went to that restaurant because you recommended it.  
We \_\_\_\_\_ to that restaurant if you hadn't recommended it.
  - 4 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.
  - 5 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.
  - 6 My hair was very long when I was a child.  
When I was a child I used \_\_\_\_\_ very long hair.
  - 7 I get up very early, but it's not a problem for me now.  
I'm used \_\_\_\_\_ very early.
  - 8 It's a pity I can't speak French.  
I wish \_\_\_\_\_ French.
  - 9 I regret not learning to play the piano when I was younger.  
I wish \_\_\_\_\_ the piano when I was younger.
  - 10 I hate seeing your dirty clothes on the floor.  
I wish \_\_\_\_\_ your dirty clothes on the floor.
- b** Complete the sentences with the correct form of the **bold** verb.
- 1 I don't remember \_\_\_\_\_ you before. **meet**
  - 2 The car needs \_\_\_\_\_. Shall I take it to the car wash? **clean**
  - 3 We managed to \_\_\_\_\_ the airport on time. **get**
  - 4 Please try \_\_\_\_\_ late tomorrow. **not be**
  - 5 My sister isn't used to \_\_\_\_\_ in such a big city. She'd always lived in the country before. **live**

## VOCABULARY

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

## PRONUNCIATION

a Circle the word with a different sound.

- 1  sheets really relieved sleepy  
 2  alarm yawn exhausted snore  
 3  chorus chauffeur chemist choir  
 4  chef shattered architect shocked  
 5  delighted inspired survival guilty

b Underline the main stressed syllable.

- 1 up|set 2 de|va|sta|ted 3 or|che|stra 4 in|som|ni|a 5 sleep|walk

## CAN YOU UNDERSTAND THIS TEXT?

a Read the article once. What two factors helped Samuel to survive?

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

- 1 a carrying b wearing c holding  
 2 a take off b take up c take out  
 3 a watching b finding c setting  
 4 a including b involving c inviting  
 5 a search b film c shoot  
 6 a so b because c although  
 7 a understand b worry c fear  
 8 a found b missing c injured  
 9 a career b course c degree  
 10 a underused b misused c mispronounced

c Choose five new words or phrases from the text. Check their meaning and pronunciation and try to learn them.

## VIDEO CAN YOU UNDERSTAND THIS FILM?

VIDEO

(3:50) Watch or listen to a short film on sleep research. Choose a, b, or c.

- 1 In Britain \_\_\_\_\_ of people have problems getting to sleep.  
 a over 10% b approximately 10% c more than 50%  
 2 One of the more common sleeping disorders mentioned is \_\_\_\_\_.  
 a Sleep paralysis b somniloquy c Exploding head syndrome  
 3 Scientists at the Sleep Unit take measurements in order to analyse people's \_\_\_\_\_.  
 a sleeping patterns b brain activity c body movement  
 4 Many people today are sleep deprived because they \_\_\_\_\_.  
 a sleep too few hours  
 b sleep different hours every night  
 c wake up a lot during the night  
 5 Nowadays many people sleep longer hours \_\_\_\_\_.  
 a during the week  
 b after a night out  
 c at weekends



## Survival tastes so sweet for rescued British backpacker

Contact lens solution is not usually considered a survival tool, but if 18-year-old Samuel Woodhead hadn't been <sup>1</sup> \_\_\_\_\_ it, he might not have survived. The British gap year student went missing in the 40°C heat of the Australian outback on Tuesday. A fitness fanatic hoping to join the Royal Marines, Samuel survived for three days by drinking the saline cleaning solution, which his father had packed in his rucksack, but which he had forgotten to <sup>2</sup> \_\_\_\_\_ when he went for a run.

Samuel had been working for only two weeks as a ranch hand at Uppshot cattle station, near the town of Longreach in the vast state of Queensland. After <sup>3</sup> \_\_\_\_\_ out for his run, he lost his way. Australian authorities had feared for his survival in a region where heat, a lack of water, poisonous snakes, and the possibility of injury could prove deadly.



Samuel Woodhead and his mother, Claire Derry

After a helicopter rescue mission, <sup>4</sup> \_\_\_\_\_ hundreds of people, he was found exhausted about six miles from the station. Alex Dorr, a pilot with the North Queensland Rescue Helicopter Service, said that he went in the dark to the area where the teenager had disappeared and used night-vision cameras to <sup>5</sup> \_\_\_\_\_ for the missing boy. 'Where am I?' was all that he asked his rescuers when they found him in the early hours of the morning. He was

immediately taken for a medical assessment before being transferred to a hospital in Longreach, but was found to be suffering from no more than sunburn and dehydration, <sup>6</sup> \_\_\_\_\_ he had lost 15 kilos.

Claire Derry, his mother, said she heard that he was safe from the captain of the plane as she was flying to Australia to join the hunt for her son. 'I sobbed, absolutely sobbed and I jumped up and hugged the air hostesses and the captain,' she said. 'To be honest, I was beginning to <sup>7</sup> \_\_\_\_\_ the worst. It's been the worst three days of my life, by a long way, since 5.30 a.m. Tuesday when two policemen knocked on my front door and told me they'd got a message from Australia and told me my son was <sup>8</sup> \_\_\_\_\_.'

Samuel's training for a <sup>9</sup> \_\_\_\_\_ in the Armed Services helped him to survive in the hostile conditions, his mother said. 'My father was a war hero and Sam was named after him and he's always wanted to live up to that sort of reputation,' she said. His father, Peter Woodhead, was visibly emotional as he described the ordeal the family had been through while waiting for news that he was safe. 'The word nightmare these days is much <sup>10</sup> \_\_\_\_\_,' he said. 'This has been a true nightmare.'

Adapted from The Times