

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 2

#7 What would happen if you didn't sleep?

Skills/ Objectives: Listening

PART 1: Before you watch...

Preparatory questions

1. How long do you sleep every day? Do you think you have enough sleep? Why? Why not? How much sleep does an adult need?
2. How do you feel if you do not have enough sleep? What would you do to keep yourself awake during the day?

Vocabulary

1. Cope (verb): to deal with
2. Moody (adjective): to become angry or unhappy suddenly or for no reason
3. Paranoid (noun): feeling anxious that you think people do not like you
4. Hallucinate (verb): to see or hear something that does not exist, usually because the effect of drugs or illness
5. Replenish (verb): to refill

PART 2: YouTube video

This video explains what will happen to a human body and brain if he/she does not have enough sleep.

What would happen if you didn't sleep? *(click the link to watch the video)*

<https://ed.ted.com/lessons/what-would-happen-if-you-didn-t-sleep-claudia-aguirre> (4:35 minutes)

(Source: TED-Ed)

(Tip: You can click "CC" for subtitles!)

PART 3: Let's discuss!

1. How long do you sleep every day? Do you think you have enough sleep? Why? Why not? How much sleep does an adult need?
2. How do you feel if you do not have enough sleep? What would you do to keep yourself awake during the day?
3. Have you ever suffered from insomnia? Did you try to force yourself to fall asleep? How? Did you succeed?
4. What are the benefits of having enough sleep?

PART 4: Learn further

1. YouTube video: How Much Sleep Do You Actually Need?

This video shows the effects of sleep and importance of sleep to humans.

<https://www.youtube.com/watch?v=SVQlctiQlzi> (3:24 minutes)

2. YouTube video: The benefits of a good night's sleep - Shai Marcu

This video shows how sleep affects human brain in a way that is essential to how our memory works.

<https://www.youtube.com/watch?v=gedoSfZvBgE> (5:44 minutes)

3. What is Insomnia? Causes, prevention, and what to do when you can't fall asleep

This article explains what insomnia is and discusses the causes and preventions as well as gives suggestions about what people can do when they suffer from insomnia.

https://yp.scmp.com/go-to-gurus/advice/article/110201/what-insomnia-causes-prevention-and-what-do-when-you-cant-fall?utm_source=yp&utm_medium=over-to-you&utm_content=top-jr-widget-article&utm_campaign=Owen%20Li

Chat online!

[Moodle Chat Room](#)

19 September 2018 (Wednesday) 5:30 – 6:30 pm

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