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Level 2

Company pays its workers to sleep

2nd July, 2016

<http://www.breakingnewsenglish.com/1607/160702-sleep-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-2.html>

A U.S. company is paying employees to sleep more. Staff at the insurance company Aetna will get \$300 a year extra if they sleep at least seven hours a night. They will get just over a dollar for each night they sleep over seven hours. The idea is to improve employee performance. Human resources officials say employees work better if they sleep well. A workforce that is more rested means the company will perform better. Staff can record their sleep automatically using a wrist monitor, or manually record how long they have slept every night.

A number of studies warn that not sleeping enough can affect our ability to do our job. The American Academy of Sleep Medicine said that the average U.S. worker loses 11.3 working days of productivity a year from a lack of sleep. It estimates that the US economy loses \$63.2 billion a year because workers do not sleep enough. A 2015 study in Europe found that staff who slept less than seven hours per night did much less work than workers who had eight or more hours of sleep. The staff at Aetna also receive extra pay if they do more exercise.

Sources: <http://www.bbc.com/news/business-36641119>
http://www.huffingtonpost.com/entry/aetna-pays-employees-to-sleep-more_us_570e78abe4b03d8b7b9f1712
<http://www.bizjournals.com/louisville/news/2016/04/06/why-aetna-pays-employees-hundreds-of-dollars-to.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1607/160702-sleep-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|-----------------------------|
| 1. insurance | a. rested |
| 2. get just over a dollar | b. automatically |
| 3. The idea is to improve employee | c. for each night |
| 4. Human resources | d. how long they have slept |
| 5. A workforce that is more | e. company |
| 6. the company will | f. officials |
| 7. Staff can record their sleep | g. perform better |
| 8. manually record | h. performance |

PARAGRAPH TWO:

- | | |
|---------------------------------------|--------------------------|
| 1. A number | a. working days |
| 2. not sleeping | b. \$63.2 billion a year |
| 3. affect our ability to | c. enough |
| 4. the average U.S. worker loses 11.3 | d. than seven hours |
| 5. a lack | e. of studies |
| 6. the US economy loses | f. exercise |
| 7. staff who slept less | g. of sleep |
| 8. extra pay if they do more | h. do our job |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1607/160702-sleep-2.html>

A U.S. company is paying employees (1) _____.
Staff at the (2) _____ Aetna will get \$300 a year extra if they sleep at least seven hours a night. They will get just (3) _____ each night they sleep over seven hours.
The idea is to improve (4) _____. Human resources officials say employees work better if they sleep well. A workforce that is (5) _____ the company will perform better. Staff can record their sleep automatically using (6) _____, or manually record how long they have slept every night.

A number of studies (7) _____ sleeping enough can affect our (8) _____. The American Academy of Sleep Medicine said that the average U.S. worker loses 11.3 working (9) _____ a year from a lack of sleep. It (10) _____ US economy loses \$63.2 billion a year because workers do not sleep enough. A 2015 study in Europe found that (11) _____ than seven hours per night did much less work than workers who had eight or more hours of sleep. The staff at Aetna also receive (12) _____ do more exercise.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1607/160702-sleep-2.html>

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SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1607/160702-sleep-4.html>

Write five GOOD questions about sleep in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

