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Level 5 – 25th September 2023

Company makes booth for vertical napping

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<https://breakingnewsenglish.com/2309/230925-vertical-sleeping-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-5.html>

If you ever want to sleep while standing, the Koyoju company in Japan has something for you. Koyoju has unveiled the "Giraffenap" booth. This ingenious cubicle lets the user nap in a vertical position. It will allow office workers to catch forty winks without a bed. The designers say a 20-minute nap improves mental performance and productivity by reducing fatigue. It also boosts concentration and memory retention. The Giraffenap pods come in two designs and will go on sale in December. They are expected to cost around \$20,000.

The Giraffenap website says we often work non-stop without an opportunity to recover from stress, resulting in unwanted sleepiness during the day. It added: "Now it's time to break the stereotype that nodding off on the job is a sign of boredom or laziness." The site says naps allow for "more efficient and fulfilling work". Napping reduces drowsiness and improves ingenuity and creativeness. The designers offered some napping advice. Just 15 to 20 minutes is best, and naps should end before 3 p.m. In addition, you should not lie down as this leads to deep sleep.

Sources: <https://g-nap.com>
<https://japantoday.com/category/features/lifestyle/standing-sleeping-pods-coming-to-tokyo-cafe-promise-to-relieve-fatigue-and-stress>
<https://www.asahi.com/ajw/articles/14998728>
<https://news.yahoo.com/cafe-tokyo-install-vertical-pods-214036829.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|-------------------------|
| 1. This ingenious | a. concentration |
| 2. nap in a | b. cubicle |
| 3. allow office workers to catch | c. cost around \$20,000 |
| 4. a 20-minute nap improves mental | d. forty winks |
| 5. reducing | e. vertical position |
| 6. It also boosts | f. in two designs |
| 7. The Giraffenap pods come | g. performance |
| 8. They are expected to | h. fatigue |

PARAGRAPH TWO:

- | | |
|--------------------------------------|------------------------|
| 1. an opportunity to recover | a. and creativeness |
| 2. it's time to break | b. down |
| 3. naps allow for more efficient and | c. from stress |
| 4. Napping reduces | d. deep sleep |
| 5. improves ingenuity | e. the stereotype |
| 6. The designers offered | f. drowsiness |
| 7. you should not lie | g. fulfilling work |
| 8. this leads to | h. some napping advice |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-5.html>

If you ever want to (1) _____, the Koyoju company in Japan has something for you. Koyoju has unveiled the "Giraffenap" booth. This (2) _____ the user nap in a vertical position. It will allow office workers to (3) _____ without a bed. The designers say a 20-minute nap (4) _____ and productivity by reducing fatigue. It also boosts (5) _____ retention. The Giraffenap pods come in two designs and will go on sale in December. They are (6) _____ around \$20,000.

The Giraffenap website says we (7) _____ without an opportunity to recover from stress, (8) _____ sleepiness during the day. It added: "Now it's time to break (9) _____ nodding off on the job is a (10) _____ or laziness." The site says naps allow for "more efficient and fulfilling work". Napping (11) _____ improves ingenuity and creativeness. The designers offered some napping advice. Just 15 to 20 minutes is best, and naps should end before 3 p.m. In addition, you should not lie down as this (12) _____ sleep.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-5.html>

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NAPPING SURVEY

From <https://breakingnewsenglish.com/2309/230925-vertical-sleeping-4.html>

Write five GOOD questions about napping 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) _____

