

Naps :

Good For Your Brain?

1. Vocabulary:

*sleep nap dream insomnia bedtime to fall asleep
to wake up deep sleep restful sleep to get enough sleep
sleeping pattern sweet dreams sound asleep half-awake
to catch some Z's*

2. Answer

the questions, then watch the video:

1. Do you take naps during the day?
2. How long do your naps usually last?
3. Do you feel more alert after taking a nap?
4. Have you ever heard of the term "power nap" before?
5. Do you think taking naps can improve brain function?



3. Read the statements and say, true (T) or false (F):

1. Regular short sleeps during the day can prevent the brain from shrinking as we age.
2. Power naps are short sleeps taken during the working day to improve job performance.
3. "Cat nap" is another term for a power nap.
4. Taking more naps can help keep the brain sharp in later life.
5. A sharp brain refers to a brain that is alert and can think quickly.
6. Long naps are associated with a higher risk of obesity.
7. Shorter naps can reduce the risk of high blood pressure.

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4. Choose the correct answer:

1. What is the main topic of the video?

- A. The benefits of regular short sleeps during the day.
- B. How our brains get smaller as we age.
- C. The different types of naps.
- D. The risk of developing Alzheimer's.

2. According to the video, what do researchers suggest about regular short sleeps?

- A. They can reduce the risk of developing Alzheimer's.
- B. They can make our brains perform better.
- C. They can increase brain capacity.
- D. They can hinder our health.

3. What is the meaning of the word "sharp" in the context of the video?

- A. Having a quick answer for something.
- B. Being alert and thinking quickly.
- C. Having a good rest and feeling good.
- D. Keeping language skills sharp.

4. What does the word "hinder" mean in the video?

- A. To make things harder or worse.
- B. To help and support.
- C. To reduce the risk of high blood pressure.
- D. To be associated with obesity.

5. Which headline suggests that longer naps can be unhelpful?

- A. "Power naps linked to greater brain capacity, scientists say."
- B. "Taking more naps could help you to stay sharp in later life."
- C. "Naps could help or hinder your health, depending on their length, study suggests."
- D. None of the above.

6. What is the purpose of power naps?

- A. To improve job performance.
- B. To reduce the risk of developing Alzheimer's.
- C. To increase brain size.
- D. To stay sharp in later life.

7. What is the main idea of the video?

- A. Regular short sleeps during the day can have positive effects on the brain.
- B. Our brains get smaller as we age.
- C. Different types of naps have different effects on our health.
- D. The importance of vocabulary in discussing sleep and brain health.



Teacher's notes:

Video link:

https://www.youtube.com/watch?v=Tefu_NvcC0k&ab_channel=BBCLearningEnglish

Video source:

<https://www.bbclearningenglish.com>

All the materials are made with the help of AI Twee

<https://app.twee.com>

Correct answers

№4 Multiple choice

1 a

2 a

3 b

4 a

5 c

6 a

7 a

№3 True/False statements

1. True

2. True

3. False - "Cat nap" is similar to a power nap but not associated with work.

4. True

5. True

6. False - Long naps are associated with a higher risk of high blood pressure, not obesity.

7. True