How many hours on average do you sleep a night? Why was sleep deprivation previously considered a badge of honor and how are things changing?

Read the first part of the article and compare your ideas to the journalist's.

**The Guardian**

### How a good night’s sleep became the ultimate status symbol

Sleep deprivation used to be a badge of honor: a sign you were busy and important and very much in demand. Snoozing was losing and sleep was for wimps. Now, however, Arianna Huffington’s *The Sleep Revolution*, a call-to-bed that promises to transform your life, “one night at a time”, is a New York Times bestseller, and Huffington is crisscrossing the country urging people to “sleep their way to the top”.

Sleep hasn’t just been corporatized – it has infiltrated corporations. A number of companies already boast nap pods and Huffington predicts that nap rooms in offices are going to be “as common as conference rooms” in the next two years.

### June 2016

Casper are getting millions of dollars in funding to disrupt the mattress market. Sleep salons like YeloSpa let urbanites nap – just $1 a minute!

For the more upmarket snoozer, luxury hotels are offering “sleep retreats”; north of $1,000 gets you dinner and a movie about sleep. You might want to pack your performance pajamas; a moisture-wicking bed for a cooler night’s sleep sets you back $66. And if you’re staying home, you can upgrade your bedroom with everything from a mattress cover ($249) with a sensor that tracks your sleep to a brainwave-monitoring sleeping mask ($299) that lets you nap more efficiently.

Apart from books about sleep, how are people making businesses based on sleep?

Read the next part of the article and check your ideas.

Which of the ‘sleep’ products appeal to you? Does your company have nap rooms?

How did sleep suddenly become fashionable?

Read the next part of the article and check your ideas.
So how did this happen? How did sleep, something humans have done since long before Huffington awoke to it, suddenly become so fashionable?

A number of factors feed into the way we’re putting a higher value on sleep – both culturally and financially. Health and wellness have become more aspirational, for one.

Getting enough sleep is a natural fit for the sort of lifestyle in which paying $10 for green juice and $34 for a SoulCycle class is the norm. Then there’s the rise of the quantified self through wearable technology. Our bodies have become input/output devices that we monitor and optimize for greater efficiency, and sleep has become another data set to be tracked and hacked. What Huffington emphasizes about sleep, after all, is not that it rests you but that it restores you. Sleep, she says, is the ultimate performance enhancer.

The main reason sleep’s stock has gone up, however, is that very few people can actually afford to sleep much. Forget Birkin bags and superyachts: getting eight hours of rest has become the ultimate status symbol.

How do you think Arianna Huffington manages to get her eight hours of sleep a night?

Huffington gets her eight hours? Well, for one thing, she has “nine or so” assistants, according to a recent New York Times profile. Huffington calls them her “A-Team”; they do everything from running her errands to planning her travel to loading the Huffington Post on her computer in the morning. According to the Times, most of the A-Team can only endure about 12 months of the work because it’s so taxing. The low pay also means many of them take second jobs. Basically, they don’t sleep so that Huffington can ... and can sell books about it.

Sleep is one of humanity’s great unifiers,” writes Huffington in one of her many articles about sleep. But while the need for sleep may be one of humanity’s unifiers, the ability to actually get a good night’s sleep is emblematic of society’s great divisions.

In what way do you think sleep is emblematic of society’s great divisions?

Discuss the following questions and then read the next part of the article and check your ideas.

1. Are rich or poor people likely to sleep better?
2. How many Americans do shift work?
3. Who sleep more, white Americans or African Americans?
Which socioeconomic group gets the most sleep and the best quality of sleep in America?

Getting enough sleep isn’t just a question of valuing sleep enough to go to bed at the right time; it’s a question of going to bed in the right neighborhood, and in the right body. Numerous studies show that you’re more likely to sleep poorly if you’re poor. It’s hard to sleep if you’re worried about your safety or haven’t had enough to eat. It’s hard to sleep if you’re one of the 15 million American shift workers who work irregular hours. Research has also found that there’s a black/white sleep gap. One study shows that while white people sleep an average of 6.85 hours, African Americans sleep an average of 6.05 hours. They also have a lower quality of sleep. Researchers have attributed this, in part, to the stress of discrimination.

Want to know who gets the most sleep and the best quality of sleep in America? Wealthy white women. Which, if I’d hazard a guess, is probably the same demographic Huffington is targeting her book at. Huffington positions her proselytization of sleep as a “revolution”, but really it’s a rebranding. Getting enough sleep is the new “leaning in”:

Which of the facts in the last part of the article surprise you the most?

While sleep is currently enjoying a moment, the journalist thinks it will be short-lived. What do you think her theory is?

Read the final part of the article and find out.
advantage.” The report goes on to look at the effects of ampkines, a class of drugs that modulate neurotransmitters in the brain, to remove the effects of sleep deprivation. Eventually, humans will figure out a way to hack sleep. Spending a third of your life unconscious won’t be a luxury anymore; it’ll be something only the poor will be forced to do. At which point we may need a whole new sort of sleep revolution.

How do you think hacking sleep would change the way we live?

Find words and expressions in the article that mean the following.

Section 1 of the article
1 a lack of sleep
2 have a short, light sleep
3 try to persuade (someone) to do something

Section 2 of the article
4 a short sleep, usually during the day

Section 4 of the article
5 a small job that involves going to collect or deliver something
6 difficult, and needing a lot of physical or mental effort

Section 5 of the article
7 express support for someone or something, especially in public

Section 6 of the article
8 lasting for a short period of time

Complete these sentences with the correct form of the words and expressions:

1 The popularity of the song was _______________. You don’t hear it at all now.
2 Many celebrities are paid to _______________ products in advertising.
3 My job is _______________ and I am always very tired at the end of the day.
4 I usually take a __________ after lunch. Luckily I have a sofa in my office I can lie on.
5 My company allows us to leave the office for two hours on a Friday to run personal _______________ like paying bills, collecting dry cleaning, etc.
6 We _______________ our children to study at university, but they decided not to continue their education after school.
7 The police said the driver went off the road because he was suffering from __________ _______________. He apparently hadn’t slept for two days.
8 I _______________ all the way through the presentation. It was very boring.
The Ultimate Status Symbol

What does the underlined expression in this extract from the article mean?

June 2016
The Guardian

Getting enough sleep is the new “leaning in”: advice for the 1% that ignores the socioeconomic elephant in the room.

There are other 'animal' idioms in English. Do you know any?

Complete the following idioms with the correct animals. The pictures give you clues.

1. a _____________________
   a person or thing used for experimentation

2. the ________ race
   a fiercely competitive struggle for position, power, etc.

3. the under__________
   a person who is in a state of inferiority

4. kill two _____ with one stone
   achieve two objectives with one action

5. let the ______ out of the bag
   reveal a secret

6. be a scape__________
   be the person everyone blames for something bad

7. a __________ night
   an all-male celebration in honour of a man about to marry

8. a __________ party
   an all-female celebration in honour of a woman about to marry

Complete these sentences with the idioms above:

1. They sacked John, but he was not really to blame. He's just the _____________________.

2. I'm learning to be a hairdresser and would like someone to practise on. Would you mind being my ____________________________?

3. If you pay with your credit card, you get air miles and travel insurance, so you _________ ____________________________.

4. Steve's getting married next week, so we've arranged a _____________________ for him.

5. Mary knows about the surprise party. Someone must have _____________________.

6. Wales are the _____________________ when they play England in Euro 2016.

7. We gave up the ____________________ and resigned from our jobs in banking.

8. It is popular for all the women at a ________________ to wear something similar, like a T-shirt with the future bride's name.
Find words and expressions in the article that mean the following.

Section 1 of the article
1 sleep deprivation
2 snooze
3 urge

Section 2 of the article
4 nap

Section 4 of the article
5 errand
6 taxing

Section 5 of the article
7 endorse

Section 6 of the article
8 short-lived

Complete these sentences with the correct form of the words and expressions:
1 short-lived
2 endorse
3 taxing
4 nap
5 errands
6 urged
7 sleep deprivation
8 snoozed

What does the underlined expression in this extract from the article mean?
the elephant in the room = a serious problem that everyone is aware of but no one
wants to talk about

Complete the following idioms with the correct animals.
*Point out to the students that *scapegoat* and *underdog* are both single words.
1 guinea pig
3 underdog
5 cat
7 stag

1 scapegoat
2 rat
4 birds
6 scapegoat
8 hen

Complete these sentences with the idioms above:
1 scapegoat
3 kill two birds with one stone
5 let the cat out of the bag
7 rat race