

SMS, and chatting on the Internet. All these problems look less dangerous than drug addiction but they are also very harmful.

Keep yourself safe by:

- asking smokers not to smoke near you as passive smoking is also dangerous,
- avoiding being around someone who is addicted to alcohol or drugs,
- telling someone if you feel unsafe,
- never trying whatever drug somebody is using,
- not making the mistake of thinking what that person is doing must be cool because they are older than you.

3b. Read the e-mails again and decide what information you would use to talk to someone who you think might be addicted. Work in pairs.

4. ✍ Write a shorter e-mail to Jane giving her a piece of advice.

Lesson 7. Sleep tight

1. Read the famous saying and discuss it.

Early to bed, early to rise, makes a man healthy, wealthy and wise.

Benjamin Franklin



2. Guess the words in bold and answer the questions. Compare with your partner.

- How long do you usually sleep?
- When do you **fall asleep** on weekdays?

- How long should a person sleep to feel well?
- Is it **harmful** for your **brain** to sleep less than 7–8 hours?
- Can **lack of** sleep cause **illnesses**?
- Is good sleep a luxury¹ or a necessity?
- What happens to a person who doesn't sleep enough?

3a. Read the first paragraph of text 3b and guess the meaning of the words in bold. Use the dictionary entry for help.

Get 1) to come into possession of; to receive or earn 2) to bring 3) to manage: *How did you get to be captain?* 4) to make ready or prepare: *to get a meal* 5) to hear, notice, or understand: *I didn't really get why you couldn't do it yourself.* 6) to catch or enter: *to get a train*

Get across (*separable*) to communicate clearly or convincingly (убедительно): *No matter how hard I tried I couldn't get the message across to her that I cared.*

Get along (*intransitive*) to have a good relationship with someone: *Jane and John get along quite well, but Mary and Max don't even talk to each other.*

Get back (*intransitive*) to return: *When I get back from school I have some rest and do my homework.*

Get in (*intransitive*) to arrive: *When did you get in from Brest?*


Get through (*inseparable*) to finish something completely; to arrive at the end of something: *It took me almost two weeks to get through that book.*

Get to (*inseparable*) to arrive at, to progress to: *I can't wait to get to school.*

¹ **luxury** ['lʌkʃəri] – роскошь

Get together (*intransitive*) to meet: *Let's get together tomorrow night.*

Get up (*intransitive*) to rise to one's feet or arise from bed; to climb: *Mary gets up at sunrise to go jogging every morning.*

3b.  Listen and read the article. Compare your answers (ex. 2a) with the information from the text. Discuss with your partner the facts you find most surprising.

Sleep is food for the brain (мозг). During sleep, important body functions and brain activity happens. Sleeping little can be harmful. You can look bad, feel bad, and you work poorly. If you don't sleep enough you may find it difficult **to get along with** your family and friends and **get bad marks** at school. Remember: A brain that is hungry for sleep will **get it**, even when you don't expect it. When you do not **get enough sleep**, you are more likely to have an accident or illness.

FACTS:

- Sleep is vital to your well-being, as the air you breathe, the water you drink and the food you eat. It can even help you to manage the stress of being a teen.

a teen = a teenager

- Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough). Most teens do not get enough sleep – one study found that only 15% reported sleeping 8 1/2 hours on weekdays.
- Teens often have irregular sleep patterns – they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

CONSEQUENCES:

Not getting enough sleep or having sleep difficulties can:


- limit your ability to learn, listen, concentrate and solve problems. You may even forget important information

like names, numbers, your homework or a date with a special person in your life;

- add to skin problems;
- lead to bad behaviour such as shouting at your friends or being impatient with your teachers or family members;
- make you eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain.

SOLUTIONS:

- Make sleep a priority. Decide what you need to change to get enough sleep to stay healthy, happy, and smart!
- Make your room very comfortable. Keep it cool, quiet and dark. If you need to, get dark curtains. Let in bright light in the morning to tell your body to wake up.
- Having caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, coca cola and chocolate late in the day so you can get to sleep at night.
- Choose a bed- and wake-time and stick to it, coming as close as you can on the weekends. A good sleep schedule will help you feel less tired.
- Don't eat, drink, or exercise within a few hours of your bedtime. Don't leave your homework for the last minute. Try to avoid the TV, computer and telephone one hour before you go to bed. Have quiet, calm activities, and you'll fall asleep much more easily!
- If you do the same things every night before you go to sleep, you teach your body the signals that it's time for bed. Try taking a bath or shower (this will leave you extra time in the morning), or reading a book.

4.  **Make an outline of the text and write a short summary of the text.**

5. **Make a two-minute speech in favour of good sleep.**



**Year 9 → Unit 3 → Lesson 7 → Phrasal verbs with
'GET' – 1 (cloze test), 'GET' – 2 (cloze test)**