



**WATCH & LEARN: HOW WE LIVE
HEALTH & WELLNESS: SCIENCE OF SLEEP
WHY COFFEE NAPS ARE BETTER (2:26 min)
VIDEO Script & Vocabulary (page 1 of 2/v25518)**

INTERMEDIATE (B1 - B2) AND ABOVE

- ◊ Read the script and note new vocabulary
- ◊ Write three sentences using new vocabulary
- ◊ Prepare for the discussion questions

Starting Off

It's counterintuitive, but scientists agree that drinking coffee before napping will give you a stronger boost of energy than either coffee or napping alone.

- 1 Read the **Video Script** below. The words in **bold** are defined in the **Vocabulary** section. Look up any new words in a dictionary.
- 2 Go to the **Your Turn** section at the end of this document. Practice using new words and expressions from the video script to prepare for your next class.
- 3 Look at the **Discussion Questions** and prepare your responses for the next class.

Discussion Questions:

- ◊ How long do you normally sleep?
- ◊ Do you think sleep is important to your health?
- ◊ How often do you nap and do you have a particular nap routine in terms of length, location, etc? Have you ever tried a coffee nap?

Vocabulary:

- **sleepy** - needing or ready for sleep
- **jolt** - sudden infusion or movement
- **a little while** - a short period of time
- **small intestine** - the part of the intestine that runs between the stomach and the large intestine; the duodenum, jejunum, and ileum collectively
- **bloodstream** - the blood circulating through the body of a person or animal
- **unconscious** - not awake and aware of and responding to one's environment
- **groggy** - dazed, weak, or unsteady, especially from illness, intoxication, sleep, or a blow
- **plug into** - insert (something) into an opening so as to fill it
- **byproduct** - an incidental or secondary product made in the manufacture or synthesis of something else
- **builds up** - a gradual accumulation or increase, typically of something negative that leads to a problem
- **ingest** - take (food, drink, or another substance) into the body by swallowing or absorbing it
- **brake pedal** - a device for slowing or stopping a moving vehicle
- **clear out** - remove and dispose of unwanted items or material

Vocabulary continued on next page...

Video Script:

Female narrator: If you're feeling **sleepy** and need a **jolt** of energy, there's something you should try. It's more effective than drinking coffee or taking a nap. It's drinking coffee and *then* taking a nap.



Male narrator: It's called a coffee nap. It might sound kind of crazy because most people realize that caffeine interferes with sleep, but it takes **a little while** for the caffeine to affect you. The caffeine has to go into your **small intestine**, pass in your **bloodstream**, and enter your brain, and that takes about 20 minutes.

Female narrator: If you spend those 20 minutes **unconscious**, you're going to wake up feeling pretty great. And to understand why, it helps to know what's making you **groggy** in the first place.

Male narrator: So there's a molecule inside your brain called adenosine and it **plugs into** little receptors inside your brain cells and makes you feel tired.

Female narrator: Adenosine is a **byproduct** of brain activity so it **builds up** through the day and starts to slow down your neurons.

Male narrator: Caffeine chemically looks a whole lot like adenosine and when you **ingest** caffeine and it enters your brain, it blocks adenosine from fitting into those receptors. A lot of people have said that this is like taking a car and putting a block of wood underneath the **brake pedals**.

Female narrator: Caffeine keeps your brain from slowing itself down.

Male narrator: The great thing about coffee naps is that sleep naturally **clears out** adenosine from the brain. So the caffeine doesn't even need to compete with the adenosine to fit into those receptors.

Female narrator: So what's the evidence that this really works?

Video Script continued on next page...

Nappuccino 101

What?

a coffee directly followed by a nap is called a nappuccino or coffee nap scientifically proven to increase alertness more than napping or coffee alone

How?

Drink a regular cup of coffee directly before having a power nap

Why?

drinking coffee before a nap is scientifically proven to increase alertness more than napping or coffee alone

Duration

20 minutes is a good nap length which brings freshness and prevents sleep hangover

!DRINK UP QUICK! Caffeine levels peak within 30 minutes, so drink your coffee and go right to sleep

RESTWORKS



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Video Script continued...

Male narrator: There's not a huge **body of work**, but there are a few different studies. When people took a 15-minute coffee nap, they went on to commit fewer errors in a driving simulator than when they only drank coffee or only took a nap.

Female narrator: As the test subjects were doing this really boring driving simulation, they were asked every 3 minutes to report their sleepiness level and the coffee nap group was consistently more **alert**.

Male narrator: Meanwhile a Japanese study found that people who took a caffeine nap performed a lot better on a series of memory tests.

Female narrator: The challenge of the coffee nap is to **time it** just right.

Male narrator: You want to drink it quickly, so maybe you could do espresso shots or **iced coffee** if that makes it easier and then set an alarm before you fall asleep to wake up within 20 minutes because if you nap too long, you're much more likely to enter deeper stages of sleep and you'll have what scientists call **sleep inertia**, which is basically grogginess.

Female narrator: If you have trouble falling asleep that quickly, the studies found that you can still benefit from the coffee nap.

Male narrator: Even just drinking the caffeine and getting a few minutes of restful half-sleep/half-awakeness is going to make you feel more alert when you do **get up** 20 minutes later.

Vocabulary continued...

- **body of work** - the collected work of an author or authors either in fiction or research
- **alert** - quick in thought or action
- **iced coffee** - chilled coffee, typically sweetened or flavoured and served over ice
- **sleep inertia** - a physiological state of impaired cognitive and sensory-motor performance that is present immediately after awakening. It persists during the transition of sleep to wakefulness, where an individual will experience feelings of drowsiness, disorientation and a decline in motor dexterity.
- **time it** - plan, schedule, or arrange when (something) should happen or be done
- **get up** - rise to a standing position and proceed with activities after having slept

Your Turn! Using new vocabulary is the best way to learn and remember it.

- 1 Choose three words or expressions from the video that are new to you and write a sentence using each one in the box below.
- 2 Try to use them in a context that is familiar to you to help you retain them.
- 3 Please ask for feedback on your sentences in the next lesson.

1 _____

2 _____

3 _____
