

Look around at the gym. Can be the only wondering, “How can get the energy to do?” And as you get older, doesn’t get any easier. Little wonder are besieged by commercials for products promise to boost energy. Why the obsession with energy? Are working harder, not taking care of, or simply expecting more out of 24-hour day?

Quality, uninterrupted sleep is essential in helping the body repair tissue and restore, especially in people exercise. Lack of sleep can impede concentration levels and cause depression. Dr. John Brown, a sleep specialist at the James A. Haley Veterans Hospital, refers to lack of quality sleep as “sleep debt,” comparable, says, to society’s financial debt. Quality sleep has five stages, with the fifth (rapid eye movement, or REM) commonly associated with a deep sleep or dream state. It is important to get into the later stages of sleep because is when the body produces growth hormone. Growth hormone, secreted by the pituitary gland, affects all aspects of cellular metabolism, including protein synthesis and breaking down fats. A lack of lowers metabolism, causing fatigue and weight gain.

While humans typically need seven to eight hours of sleep night, “what might be acceptable and tolerable for might not be for,” Brown says. If log a normal amount of sleep and continue to experience an abnormal lack of energy during the day, might want to consult a physician. might suffer from chronic fatigue syndrome (CFS), is far more distressful than feeling sluggish in the morning.

Answers

Look around (1)you at the gym. Can (2)you be the only (3)one wondering, “How can (4)I get the energy to do (5)this?” And as (6)you get older, (7)it doesn’t get any easier. Little wonder (8)we are besieged by commercials for products (9)that promise to boost (10)our energy. Why the obsession with energy? Are (11)we working harder, not taking care of (12)ourselves, or simply expecting more out of (13)each 24-hour day?

Quality, uninterrupted sleep is essential in helping the body repair tissue and restore (14) itself, especially in people (15)who exercise. Lack of sleep can impede (16)your concentration levels and cause depression. Dr. John Brown, a sleep specialist at the James A. Haley Veterans Hospital, refers to (17)this lack of quality sleep as “sleep debt,” comparable, (18)he says, to (18)our society’s financial debt. Quality sleep has five stages, with the fifth (rapid eye movement, or REM) commonly associated with a deep sleep or dream state. (19)It is important to get into the later stages of sleep because (20)that is when the body produces growth hormone. Growth hormone, secreted by the pituitary gland, affects all aspects of cellular metabolism, including protein synthesis and breaking down fats. A lack of (21)it lowers metabolism, causing fatigue and weight gain.

While humans typically need seven to eight hours of sleep (22)each night, “what might be acceptable and tolerable for (23)one might not be for (24)another,” Brown says. If (25)you log a normal amount of sleep and continue to experience an abnormal lack of energy during the day, (26)you might want to consult a physician. (27)You might suffer from chronic fatigue syndrome (CFS), (28)which is far more distressful than feeling sluggish in the morning.

Student editors

Outline: Learners work to edit a text by making use of reference words

Time: 20 minutes

Focus: Identifying text fluency and the purpose of reference words

Preparation

Choose a short text that can be copied into a word document for editing. It should have a good number of reference words. Before the activity, edit the document by changing the reference words into their referents. Share the text with learners and ask them to read. They should notice that without the reference words, the text is repetitive and lacks fluency. Ask learners to improve the text by changing repetitive parts of the text with appropriate reference words. When done, show the learners the original text and compare them.