



Sleep Whisperers by ABC News

Level: Medium to Hard; Language: Comprehension questions, daily routine, sounds, sleep

You are going to watch a news report about people who put videos on YouTube in order to help people sleep. They are called Autonomous Sensory Meridian Responders (ASMR), or colloquially referred to as "sleep whisperers". Watch the video twice and write a short answer to the questions. The number in brackets is the approximate time in the video when you will hear the answer.

<https://www.youtube.com/watch?v=MrC2pulsFKw>

- a. (0,05) How many Americans will worry about if they will be able to fall asleep tonight?
- b. (0,45) What types of sounds do "sleep whisperers" use to help people to fall asleep?
- c. (1,00) Ilse, the "sleep whisperer", says: "I'm not *convinced* that it works, _____
_____."
- d. (1,20) Before she discovered the "sleep whisperers", why couldn't Emily fall asleep?
- e. (1,30) What happened to Emily the first time she watched an ASMR video?
- f. (2,05) The reporter says that ASMR videos are the internet's equivalent of what activity?

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Answers:

- a. 23 million of us will wonder if we're going to go to sleep or stay awake all night with insomnia.
- b. They tap, brush, pour and mostly whisper.
- c. "I'm not *convinced* that it works, it *actually* works."
- d. She was thinking about so many things going on in her life.
- e. She found it hard to keep her eyes open. It was a euphoric experience. She was hooked!
- f. It's the internet's equivalent of counting sheep.

